

GRAY MATTERS

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Summer 2023



What is Home?

What is essential to make a place home?

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At the May 2023 SSM annual conference, the theme revolved around the concept of HOME where the key considerations were:

Heart - what makes a place feel like home

Options - choices for individuals and communities

Meaning - how connections lead to meaningful lives

Economics - affordability predicts where people can choose to live



In considering those thoughts, we'd suggest that home is a place where you *live*, where you feel *alive*. It's where you contribute to your *livelihood* and feel safe and secure. However, for a home to be a *lively*, vibrant place, there are some assumptions that are often made about making it *liveable*.

For older adults, the key to *living* independently is to retain as much decision-making ability as possible. Being in charge of making choices matters. Being at home has various meanings to people. Changing physical locations

can still mean that a person has a home, and can redefine the concept of home, different than a traditional single-family unit in a neighbourhood surrounded by other similar people.

When you move past the physical descriptions and perceptions of "home", what really matters is that a person has the same sense of independence, control, safety to relax, *live* a life that is fulfilling and meaningful.

SSM continues to build public awareness about "home supports" as it remains a lower

cost, better option that older adults prefer. With over 2800 supporters now, the effort continues to press for change that supports independent living. Recent provincial funding to "facilitate independence" may help shift the paradigm. However, this is the time to continue to build momentum and continue calling for action. Join with us to help this campaign with *lively* actions and your commitment to meet the challenges of major change as success is within our reach!

How can YOU give "continued support" to the Home Supports Initiative?



- talk clearly with your friends and relatives about why Home Supports are wanted, needed and cost effective
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- write letters to newspapers or call in to radio talk shows when topic fits

Check out our website for more information, and to sign up: skseniorsmechanism.ca/home-supports-initiative/

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SSM

Older Adults Moving Forward

SSM is an umbrella organization that brings together groups of older adults who offer their wealth of experience, knowledge and time to work together in the interest of seniors in Saskatchewan. From a wide range of backgrounds, these groups work selflessly to better the life of older adults, whether advocating about issues of interest to seniors, providing specific types of programming, or sharing information to benefit seniors in our province.

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Power Pioneers Association of Saskatchewan Inc.
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Donations to SSM to support our seniors' programs are gratefully accepted. Charitable receipts will be issued for gifts of \$15.00 or more.

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Older Adults Moving Forward



IS YOUR AGE-FRIENDLY COMMUNITY ALSO PET AND PLANT FRIENDLY?

Canadian writer Rona Maynard argues for the importance of a pet in the lives of older adults in a recent edition of *Zoomer**. She notes that a Canadian government website does not include pets in their description of what makes a community “age-friendly”.

The recent pandemic brought to the fore the issues of social isolation of older adults, frequent lack of family and friendship support, and the question of purpose in life as we age. What role can pets and plants play to alleviate these issues?

Research shows that older adults with pets are healthier and happier, with improved morale and less depression and stress. We take less medication and make fewer visits to the doctor. We find a sense of purpose in caring for a creature that asks nothing but food, exercise and affection. Pets provide a reason to get up in the morning!

Swedish author Margareta Magnusson** echoes the role that animals can play in our lives. She knows that sharing one’s home with a bird, fish, cat or dog isn’t realistic or desirable for all older adults. However, she believes that we all need something alive in our homes to care for every day. Plants can be the live companion that needs attention every day — trimming a stem, removing a dead leaf, rearranging flowers in a vase.

Magnusson’s words made me recall my mother’s rural longterm care experience. Mom had been a gardener all her life, and that continued in longterm care even though a neurological condition kept her from being able to tend to her window sill on her own. Every day, she would survey her inside garden from her power wheelchair and instruct the plant volunteer and her visitors how to care for her plants.

Mom also became a dog sitter! Another resident’s partner visited

every day bringing their well-behaved dog to the care home. Buckles was allowed everywhere but the dining room, so she hung out with Mom while her owners went to their lunch sitting. Mom chattered to her four-legged friend about the highs and lows of life in the care home. Hats off to that age-friendly longterm care manager who ensured a plant volunteer was part of the Recreation program, and that dogs and cats were “essential visitors”.

A neighbour is recovering from a stroke. His daily routine includes a slow walk to a nearby pond to visit his fine feathered friends. He has named all the pond residents including “The Three Amigos” (three young male mallard ducks who hang out together), and “The Bickersons” (a bossy Canada Goose pair who fend off any other birds that come near). Our neighbour returns home to daily email a friend about the antics of his pets, and to express gratitude for the community volunteer who accompanies him on his daily walk.

Maynard documents the ageism experienced by older adults who attempt to adopt pets. There is a social fear that the older adult will die before the pet or be unable to exercise a dog. In contrast, my cousin who had trained dogs all her life, and now has significant mobility issues, asked an Elder-Dog program to provide her with a four-legged companion who also could no longer take daily walks. She has just adopted her second elder-dog.

For people facing a downsize and move, their only option may be to give up a pet who is a cherished family member. “How age-friendly is that?” asks Maynard. In contrast, a recently widowed friend just moved from her bungalow to a high-rise apartment. This was

the only new home she would consider as there is a “cat floor”, and she could bring her beloved companion to help ward off loneliness and ease the pain of bereavement.

Owning pets can be complicated and expensive. The cost of pet food and veterinarian bills are fixed income issues. What role can an age-friendly pet-friendly community play in helping older adults buy pet food in bulk, volunteer to walk a dog belonging to an older adult with mobility issues, drive to the local veterinarian, or encourage a vet to donate services?

Maynard contends: “If (prescribing) a drug could do for seniors what beloved pets do, it would be a sure winner.” Social Prescribing is a new buzzword in the health care of Canadians. It bridges traditional clinical care (“Prescribing”) with social and community supports necessary for well-being (“Social”).

May we all see the social prescription of caring for a pet or plants in our age-friendly future!

- by Catherine Barnsley,
Age Friendly Communities Staff



To learn more about the Age-Friendly Communities program, click on: <https://agefriendlysk.ca>

* Pet Cause by Rona Maynard. ZOOMER: Perspectives on Empowered Aging. April/May 2023. <https://tinyurl.com/bdzc83s>
 ** Take Care of Something Every Day by Margareta Magnusson in The Swedish Art of Aging Exuberantly. Scribner. 2022.



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For more information or to join:
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Shan Landry continues to be true to her deep social justice roots. She is now blooming as Chair of the Board of the Prairie Hospice Society, Vice Chair of the Saskatchewan Seniors Mechanism, an active volunteer with Saskatoon Council on Aging and a board member of the Saskatoon Crisis Intervention Service. Her analytical skills, public speaking and belief that it is possible for people to find common ground serve her well in these leadership positions. She is a careful listener who facilitates and empowers others to search for effective strategies to achieve their purpose.

Shan feels she was very fortunate to have been able to make choices for her whole life. Shan spent much of her working life in community-based health care services. She has had many opportunities to use her Social Work skills for community development. She was fortunate to be responsible in her work for linking the health system to the broader determinants of health where she was able to work with many community organizations, the education system, police and social services to integrate programs and build a healthier community. Since retiring from health region work she has had the privilege of working in community safety and wellbeing initiatives including the Plan to End Homelessness.

Why are you willing to invest your time and energy as a volunteer? What do you find satisfying?

Shan believes in the saying, “To whom much is given, much is expected.” Shan was always a reader and more recently likes to read British mysteries. She described the formula for deducing who committed the crime — ask who had means; who had motive; who had opportunity?

She then equated this formula with her own life. She has means (her life background). She has motive (faith and profession). She has had opportunity (timing and connections that clicked at the right time). Most importantly, she has worked with all sorts of organizations whose purpose is



giving others the means, motive and opportunity to make choices, to feel success, to make a difference in their world. This work has immense rewards. You commit to community!

What do you enjoy most about your life as an older person?

Shan is able to make even more of her own choices without the obligations of regular work. She doesn't have to get up early! She can choose which Board and groups she agrees to join. She has lived her life in Saskatoon and has many decades of connections and valued deep friendships.

Shan reads a lot, has taken up water colours and very much enjoys travel. She loves art history and has been to many galleries where she can absorb the beauty and learn.

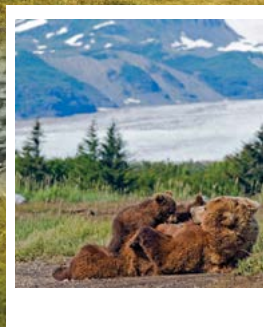
Finally, Shan describes the reality that people have myths about single people and whether their life is whole without raising a family. Shan's life is undoubtedly whole! Her choices in life have been enriching and rewarding. She will continue to bloom over and over again while making choices for present day and the future.



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.

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Lessons from Baseball

100 million Instagram followers; Mike Trout has 2 million. (Who is Mike Trout? I rest my case.)

It is summer, and summer is baseball. If baseball isn't your cup of tea, give it a shot. Brainy game, beautiful dimensions, more adrenaline than testosterone, sublime talent, exquisite drama, and no running out the clock. Baseball is overdone as a metaphor for life; baseball is fair, everyone has to play by the rules, and no one is born on third base. But it does have a thing or two to teach us about healthy aging, and how to adapt to new realities to make the game better.

All of us want to age well and in place, but not enough of us do. That's not a bug in the system; it is a design flaw. The system will spend more to get us out of our homes than to keep us in them. Baseball teams that mispend their money lose a lot of games. Canada has given up the home field advantage while countries like Denmark and the Netherlands are consistent winners.

From the outside, baseball looks timeless and unchanging. When it was the only game in town, it didn't have to change much. Its dominance got blindsided by football and basketball, and it's been in steady decline, especially among young people. Only 7% of Americans under 30 say baseball is their favourite sport, behind even soccer (10%). LeBron James has

Baseball began the data revolution that has transformed how teams evaluate and pay players (think *Moneyball*). But it didn't treat its eroding fan support as a crisis. The game had lost energy. The pitchers got bigger and threw harder; there were way more strikeouts than hits. Packing the right side of the infield with 3 defenders robbed left-handed batters of even more hits. The games had less action but got longer and longer, averaging over 3 hours by 2020. Baseball had become an anaesthetic.

Who'd have thought this tradition-steeped game could pivot on a dime? It did. Just this year, Major League Baseball imposed limits on the amount of time pitchers and batters can waste between pitches. It's taken half an hour off the length of a game. It banned the infield shift to even up the odds for left-handed hitters. A relief pitcher has to face at least 3 batters. Even the bases have changed, from 15 inch squares to 18.

Baseball has finally responded to the reality that the game just wasn't as fan-friendly anymore. The reforms are an attempt to age successfully, not by clinging to the past, but by adapting decisively to a changed context. Our health and social support system should

take note. Like baseball fans, older people have voted with their feet. Those who can afford it simply opt out of public home care and buy private services, often unregulated, or move to expensive retirement homes. For those who are less well off, the options are grim. Often one aging partner has a full-time job looking after the other. Others reluctantly conscript middle-aged children to provide basic supports. Still others languish in precarious isolation, one mishap away from major health breakdown that will land them in a hospital.

Baseball is a great game that reaches a crescendo in the late innings. Our later years should be just as rewarding, played out on our terms. Both games got stuck in time. Baseball finally snapped out of its coma. Older people are redefining aging every day. It's time public policy caught up so Canada can compete for the age-friendly society championship.

Steven Lewis
Health Policy and Research
Consultant, Simon Fraser University



What You Need to Know About Group Tours

If you have never travelled on a WestWorld Tours escorted group, then you are in for a treat!



WestWorld Tour Directors often hear guests comment on how it really is a worry-free trip. How wonderful it is to have the world at their feet, (or should we say their seat), **look out the window and enjoy the scenery** instead of worrying about the roads and routes, the planning and parking, and the added costs of travelling independently, not to mention traversing the traffic.

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The most commonly mentioned concern from newbie travellers with WestWorld Tours, turns out to not be a concern after all! Some are apprehensive about long travel days aboard the coach, and surprisingly

(not surprising to WestWorld Tours), time and time again, at the conclusion of the tour, **feedback** from guests will say, they were impressed at how fast the time goes and how much fun it is on the bus.

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The Honourable Everett Hindley

**Minister of Mental Health and Addictions,
Seniors, and Rural and Remote Health**

As Minister of Seniors for Saskatchewan, I am honoured to be a voice for older adults in our province and to be available to hear their concerns and ideas. Earlier this spring, our government released its yearly budget, which continues our focus on ensuring seniors have access to high-quality health services. I would like to touch on a few priorities that will be of particular interest to you.

Seniors have told me that living in their own communities is important to them. In this year's provincial budget we made a \$39 million funding increase to support targeted initiatives that help seniors live within their communities as long as possible and provide supports they need.

This investment fulfills government's three-year commitment to hire 300 additional continuing care assistants in long-term care and home care, with a specific focus on rural and remote communities. It also supports more standard long-term care beds, an increased demand for home care, and increased funding for the Geriatric Evaluation and Management program in Regina.

We are proud to partner with the Seniors Mechanism on the Facilitating Independence of Older Adults in the Community grant program. This is the second year that the provincial government is investing \$250,000 in grant funding for organizations that serve seniors. The program encourages new and innovative ways of supporting seniors, with the goal of using these approaches in other communities throughout the province.

In addition, we are proud to continuing partnering with the Seniors Mechanism on the Age-Friendly Communities Recognition Program, which recognizes communities that create programs

and activities to be more inclusive of seniors, helping them live safely, enjoy good health and stay involved. As a government, we are pleased to participate by providing formal recognition of the great work done by communities across Saskatchewan.

This year's provincial budget also provides financial boosts for seniors. To help meet their basic needs, we are increasing the Seniors Income Plan by \$30 a month, fulfilling the government's commitment to increase the Seniors Income Plan over three years to the new maximum of up to \$360. We have also increased the Personal Care Home Benefit by up to \$400, for a new maximum of up to \$2,400 per month. I also recently had the opportunity to represent Saskatchewan at a meeting in Toronto of all the Ministers for Seniors from across Canada. We discussed what each of the provinces and territories are doing to support older adults. This allowed us all to come away with new ideas that we can implement in our home provinces to help improve the lives of our aging population.

As Minister of Seniors, I am dedicated to addressing your needs, concerns and suggestions.

Please feel free to email my office at:
ministerrhe@gov.sk.ca,
phone at 306-798-9013

or send me a letter at
Room 204, Legislative Building,
2405 Legislative Drive, Regina, SK, S4S 0B3.

Saskatchewan!

Safely Staying Active in

Summer's Heat



Something that could be seen as being essential to having a good home is staying as healthy as possible in order to enjoy that home as long as possible. At this time of year, many of us are concerned about how to stay safe and healthy in summer heat. Active Aging Canada's newsletter had a good article about this some time ago. The following is adapted from that article.

We look forward to this time of year, but too much heat is not good for anyone. It can be riskier as we get older. When we are active, our muscles produce heat. This causes a rise in body temperature.

Our bodies do two things to manage the increase in body heat:

- Our heart rate increases to help deliver blood to the surface of the skin for heat release.
- We start to sweat, which helps with cooling.

Both of these functions are reduced as we get older. That raises the risk of heat-related illness when we are physically active in the heat, either outdoors or in hot conditions indoors.

Should we stop being active when it gets hot?

Older Canadians tend to be less active when the weather gets hot and humid. But it is important to stay physically active all year round. In fact, older adults who are more physically fit can adapt better during exercise in the heat.

HOT WEATHER TIPS

Older adults should refrain from strenuous physical activities in hot/humid conditions outdoors, particularly if not used to the conditions or not used to being physically active.

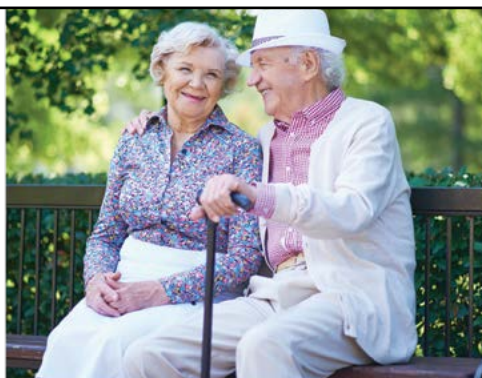
Take it easier when you exercise and be active during the **cooler** times of the day (early morning or late evening) if you can't exercise in an air-conditioned place.

Wear loose fitting, light-weight, moisture-wicking clothing. Cotton can be cooler.

Stay hydrated. As we get older, we do not notice thirst as much. That increases the risk for dehydration. Don't wait until you feel thirsty. Drink lots of fluids, especially during exercise.

Adapted from <https://www.activeagingcanada.ca/newsletter/active-aging-network/v01-issue007-2021-06-hot-weather-safety-for-physical-activity.htm>, article by Liza Stathokostas, PhD, Research Director, Active Aging Canada, Newsletter, June 2021

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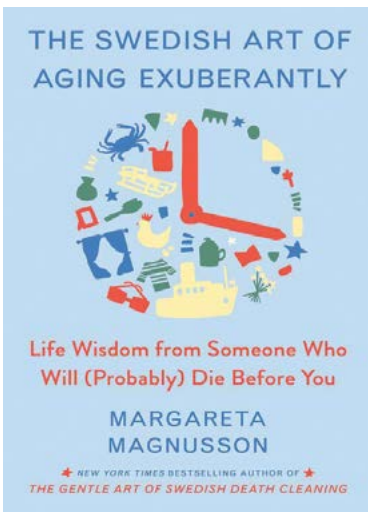


My favourite book of 2023 thus far is Margareta Magnusson's *The Swedish Art of Aging Exuberantly*. Magnusson, who describes herself as "somewhere between age 80 and 100" wrote 15 short reflections during the recent pandemic from her two-room apartment in Sweden.

Her reflections cover topics such as: Volunteer As Much As You Can, Take Care of Your Hair — If You Have Any, Don't Fall Over and Other Practical Tips for Graceful Aging, and Take Care of Something Every Day (see the article *Is your Age-Friendly Community Also Pet and Plant Friendly?* in this edition of Gray Matters).

Reflecting on her long life, its ups and downs, and alleviating social isolation as an older adult, Magnusson offers a recipe or "social prescription" for finding purpose and meaning in our later years. This short, easy-to-read book is available at your local bookseller or public library. Don't miss it!

~ By Catherine Barnsley, Age-Friendly Communities Staff



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TALES FROM WINE ON THE PORCH



Doug Tindal's new book is available on Amazon and contains recipes as well as great stories.

Doug Tindal's "career" includes stints as a freelance magazine writer, a church communications bureaucrat, an inter-faith web producer, and a political henchman. His recent activities centre on acting, writing, advocating for lost causes, and generally being excellent at retirement. He was a co-founder of Wine on the Porch Inc. (of blessed memory), an unsuccessful attempt to establish a coliving community in downtown Toronto. All that remains is the recently published *Tales from Wine on the Porch*, a collection of linked, character-driven short stories about a fictional group of seniors (and seniors-in-training) who share a big house on the side of a ravine where a subway train rumbles through. As of May 1, 2023, he is a founding resident of Oakview Coliving. Persistence counts.



FACILITATING INDEPENDENCE: *Support to Age Well at Home*

More than 90% of seniors live independently in their own communities and would prefer to age in place. Supportive services, such as home maintenance, yard care, home-based health services, transportation, meal preparation, friendly visiting services, and social opportunities allow seniors to remain independent. The Saskatchewan Seniors Mechanism (SSM) received funding from the Ministry of Health to learn more about supports that would enable older adults to remain in their homes. Facilitating Independence Grant funding was available to municipalities and senior-serving groups who were successful in their application for funding. Following is a summary of the services and programs that two grant recipients have implemented.

Foam Lake Community Well Supporting Older Adults to Age Well at Home

Chronic disease, defined as a condition that lasts one year or more and requires ongoing medical attention while limiting activities of daily living, has increased nationally and provincially since 2020. Over 44% of our national population over the age of twenty has one diagnosable chronic disease, with 33% experiencing multimorbidity of two or more disease processes. These conditions, including but not limited to: hypertension, atherosclerosis, osteoarthritis, dementia, chronic obstructive pulmonary disease, type two diabetes and mood and/or anxiety disorders are the leading causes of morbidity and mortality, and the primary driver of individuals requiring hospitalization, surgery, alternative levels of care and long term care placement. As a registered home care nurse working in rural Saskatchewan, Celise Hack has seen firsthand the impact of chronic disease. Chronic disease, paired with decreased access to health care services and community supports and programs, limits an older adult's ability to age well independently in their homes and home communities.

The modifiable factors in our lives that contribute to health and wellness in the body are the same interventions that prevent and reverse chronic disease. Exercise, nutrition, and lifestyle interventions

such as increasing social interaction and engagement are the most effective treatments for our most common and debilitating illnesses. In Foam Lake, Celise's home community, the years of 2020-2022 were a period of increased stress and isolation. Celise saw a gap in services and programs and was encouraged to reach out and connect with others in the community. She met with the town council, Saskatchewan Health Authority, MLA, and community representatives and formed a volunteer advocacy group called The Community Well. The group applied for, and successfully received, the SSM Facilitating Independence grant, a Forever in Motion grant, and a New Horizons Federal grant. With the grant funding that was received, several wellness sessions were held and several programs were put in place.

Celise and another member of the board completed the *Forever...in Motion* training and have started a functional wellness class, in partnership with the local pharmacy, to provide health and wellness sessions on chronic disease prevention and management for women over sixty. They are offering exercise programs at the seniors housing complex and have started a Globe Walk program. The program is run out of the community hall and is open daily for all community members. It is also offered at the seniors housing complex for residents. There are over 60 older adults participating in the programming.

The group is aware of the importance of social inclusion and has worked to make participation easy

for individuals. Complimentary handi van vouchers are available to older adults who participate in any program. Pedometers have been purchased for Globe Walk participants so they can track their success. Participants are provided with coffee and healthy nutrition after every session, which is an opportunity to share, socialize and have a few laughs.

The Community Well's mandate is to provide affordable, accessible programming with increased access to health care professionals, education and information surrounding chronic disease management and prevention. The group believes that when community groups work together and draw on the strengths, resources and supports that are already in place, they can strengthen citizens awareness of modifiable lifestyle interventions and contribute to greater health and wellness in the community; thereby ensuring that the community can continue to be a place where residents can age well in their own homes and community.

Rural Route to Senior Independence and Well Being

The Happy Go Lucky Club in Wapella has received a Facilitating Independence Grant from SSM, and is working to enhance and extend the transportation and yard care services that they have initiated. The group's hope is to be able to support older adults so that they can remain safely in their own homes in the community for as long as they desire to do so.

Rural lifestyles provide space, a deep sense of community, a connection with the land and sadly, a disconnection with access to so many services that enable older adults to maintain health and remain safely in their own homes and community. The benefits of a rural lifestyle should be within the reach of older adults who helped to build their communities.

The centralization of health services, loss of public transportation, migration of younger people to larger centers for employment, puts strain on older adults in rural areas who wish to remain in their own homes and communities. Many find it difficult to perform tasks to care for their yards, particularly in the winter, and to arrange for travel to attend necessary medical appointments in nearby towns and cities.

Many who own cars no longer drive in larger centers, while others may not have the financial means to pay the full cost of hiring someone to drive them. A medical transportation program can assist older adults so that they can attend medical appointments. It takes time to set up this type of program: to find suitable drivers with reliable vehicles and to ensure that older adults are aware that the service is being offered, but this type of service is necessary to ensure that older adults can remain at home, and maintain their health status.

Designated neighborhood grounds-people can provide services such as snow and ice removal in the winter, and lawn and yard maintenance in the summer. These services contribute to a safer environment for older adults and provide an opportunity for social interaction. A safe environment enables older adults to go out in their yards, and to attend social outings. This is particularly important in the winter months to prevent individuals from feeling alone and isolated.



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Independence and/or Interdependence?



SSM has a goal of ensuring that older adults have a choice about how they can live independently as they age. Doug Tindal's presentation at SSM Conference about coliving sparked further consideration of independence and interdependence. What is the meaning of each? Are the concepts in conflict with one another? How will attitudes of independence and/or interdependence affect our personal and community lives?

Independence can mean:

- the state or quality of being independent with freedom from the control, influence, support, or aid of others
- the ability to live your life without being helped or influenced by other people
- the freedom and ability to make your own decisions in life, without having to ask other people for permission, help, or money
- relying only on oneself or one's own abilities, judgment, etc.; self-confident; self-reliant
- fostering one's ability to be self-reliant and self-sufficient, to be able to do what is necessary to create a fulfilling life for oneself and one's family.

Some of these meanings describe extreme independence which is not easily achievable while living with others in social communities. "Human beings are wired to connect – and we have the most complex and interesting social behavior out of all animals," said Michael Platt, a biological anthropologist from the University of Pennsylvania. "This social behavior is a critical part of our adaptive toolkit. It allows us to come together and do things that we wouldn't be able to do on our own. We're only just beginning to uncover how these mechanisms may operate in real world activities, and the findings are really exciting."

Independent Living means being as self-sufficient as possible. It means taking risks and being allowed to succeed and fail on your own terms. Independent living means being able to exercise the greatest degree of choice about where you live, with whom

you live, how you live, where you work, and how you use your time.

Interdependence is mutual reliance or mutual dependence.

The three main characteristics of interdependence are:

Social connectedness - the idea that we are all connected to each other through our social networks. These networks provide us with a sense of belonging and community. They also give us a way to share resources and support each other. Social support buffers us against mental health issues like depression and anxiety.

Mutuality - the recognition that we all have something to contribute and that we all have something to gain from working together. We can achieve more by working together towards a common goal than we could ever achieve on our own.

Reciprocity - the process of balanced give-and-take in relationships. Sometimes we receive support and resources, other times we provide these things. Interdependence breaks down when one person only gives or takes.

In order to achieve mutuality and reciprocity, individuals will need many of the positive aspects of independence; particularly the ability to make choices, to have good judgement and to be self-reliant in many ways.

Independent living clearly allows for choices about living interdependently. When we consider the state of our society today, a shift in attitudes from "Independence: you get what you want through your own effort (attitude of I)" to "Interdependence: cooperate together to accomplish what we want (attitude of we)" may well be key to a life-long process of aging well.

– Linda Anderson



SSFS' business model charges client fees per job on a sliding scale based on annual income, thus enabling low- and lower-income seniors, a particularly vulnerable group in our community, access to much needed supports for independence. Fees are kept low to enable the largest range of seniors access to services where upper income seniors subsidize services to lower income seniors.

To ensure that older adults continue to play an active part in our communities, they often need support to live independently and with dignity in their own homes, surrounded by friends, families, and neighbours. More than 90 per cent of seniors live independently in their communities and would prefer to stay in their homes.

Saskatoon Services for Seniors (SSFS) has 30 years of service as a not-for-profit, charitable organization providing a range of “wrap-around” services focused on non-medical supports that enable safe independence. Services such as housekeeping, yard work, snow shovelling, handyman, friendly visits, and grocery delivery support independence, safety and enable connectivity. Because of these “wrap-around services”, SSFS' 1000 senior (55+) clients are able to reside safely in their own homes.

As our community ages, providing in home non-medical support is essential for keeping seniors out of the health and long term care system. The private sector has responded to provide many of these services, however, SSFS exists because many senior clients experience either financial barriers to purchasing needed services, due to inadequate income, and/or need assistance with smaller 'jobs' (e.g., cleaning small apartment units, laundry help, grocery delivery, changing furnace filters, etc.) that private business will not do.

Coming out of COVID, SSFS now faces a serious funding crunch as rising operating costs associated with inflation are cause for concern especially since revenue cannot be increased as seniors now face stagnant pension incomes and radical increases in cost pressures themselves. Donations also have not bounced back from COVID.

While almost all cities in Canada have a SSFS-like service, these organizations are funded by either the municipal or provincial government. Most would be unaware that there is no government funding to support SSFS as the Saskatchewan Government and city do not prioritize these types of services (even if it saves them dollars). This also means that across our province there are few services such as that offered by SSFS, leaving many seniors to fall through the service gaps. Unfortunately, Saskatchewan provincial government has shown little interest in supporting programs of this nature.

Dollar for dollar, home support is affordable, saves the health system and empowers older adults to age in place in the comfort and safety of home, rather than uprooting lives to move into a residential home or assisted living facility — making our community and the lives of seniors better because they are at home, where they should be.

The Importance of Choices in Moving to a New Home



My older friend, Mary, has just moved to a new home with the help of her family including her daughter Joan. Mary had hoped to live in her bungalow with large garden until she was near 100 like her dad did. However, her increasing mobility issues necessitated a move. Mary was able to choose a suite in an Enhanced Senior Living facility. I chatted with Mary and Joan about what they learned during the move.

What Mary Learned: Wisdom for Older Adults

- 1 You can't always live out your expectations (for me, staying in my own home like my dad did), but you can shift and thrive!
- 2 Find ways to keep as much independence as possible. Independence to you might not be another's choice (i.e. some want to give up cooking or gardening; others want to continue).
- 3 Assert your needs, and listen to family concerns, too.
- 4 Talk to friends and other family who will be supportive of you making a change so you have some cheerleaders alongside.
- 5 Take time to make careful decisions, but start making your plans for your next home now even if you don't make a move for several years.
- 6 Look for places where you will have built-in community that is easily accessible on a regular basis (i.e. Seniors Club in your building). You may not want to play board games, but you might like someone to check your door for a sign that you place every morning that says: "I'm fine".
- 7 Consider several options. Don't rule out something by saying: "I'd never live there!" until you check it out.
- 8 Think of when you have had to make a move or difficult decision in the past. What inner strength did you draw on to help you then? What can help you now?

What Joan Learned: Wisdom for Family/Friends

- 1 Encourage your parent to consider: What might your dad want for you in your best interests at this stage of your life?
- 2 Agree to help find a home where your parent can maintain as much independence as possible in the areas that are important to them.
- 3 Don't take over your parent's life. You can express concerns about their safety or social isolation through making observations, and suggesting various future options.
- 4 Encourage your parent to think who else they might talk with as they make decisions. Who else might be their sounding board?
- 5 Learn what variety of supportive environments are available in your parent's community or other communities to provide choices around a new home.
- 6 Ask your parent what connections they would like socially. Share with them what you notice about their needs, and how they can be met (or not) among different choices of new homes.
- 7 Help your parent to see various options by visiting possible new homes with them or taking a video to show them.
- 8 Invite your parent to tap into the resilience developed over their lifetime of coping with change.

– Catherine Barnsley, Age-Friendly Communities Staff

Disastrous Funding Cuts at the University of Regina Lifelong Learning Centre

In mid-June, a decision was made to drastically cut programming and eliminate all staff positions at the Lifelong Learning Centre (LLC), one of SSM's Member Organizations.

The explanation given by the Dean of the Centre for Continuing Education, Christie Shultz, says "After careful consideration and a review of the financial sustainability of the Lifelong Learning Centre, we have decided to make some adjustments to better align with the evolving needs and preferences of our community. For the 2023-24 academic year, the LLC will be scaling back its program offerings, focusing primarily on free programming in the form of a captivating lecture series, drawing on expertise from across the University of Regina."

LLC has been an active arm of the Continuing Education Program of the University of Regina. The Centre engaged older people in the Regina community through providing in person classes, and to Regina and beyond via Zoom. The courses provided creative, intellectual and physical activities that built relationships and a sense of community.

LLC facilitated the formation and continuing life of groups such as the Aboriginal Grandmothers Caring for Grandchildren Support Network and the Intercultural Grandmothers.

Staff, students and instructors indicate that there was no consultation with them prior to making this decision. The university has given no consideration to what happens to programs that collaborate with Indigenous and other groups.

SSM has written a letter expressing our dismay about the decision to reduce programming to a one-hour lecture once a week and cutting staff. If you are concerned about these cuts, please consider writing to:

Jeff Keshen,
President of the University of Regina
the.president@uregina.ca

Christie Schultz,
Dean, Centre for Continuing Education
Christie.Schultz@uregina.ca

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The Basics of Building A Balanced Plate

FOUR STEP FORMULA FOR OLDER ADULTS

Take the guesswork out of preparing a nutritious meal with **Registered Dietitian Courtney Berg's** four step guide to building a balanced plate!

STEP 1: COLOUR

Fill your plate with colourful vegetables and fruits. Vegetables and fruit offer beneficial vitamins, minerals, antioxidants, and fibre! Vegetables and fruits are nutritious whether they are enjoyed fresh, frozen, dried, or in cans.

STEP 2: PROTEIN

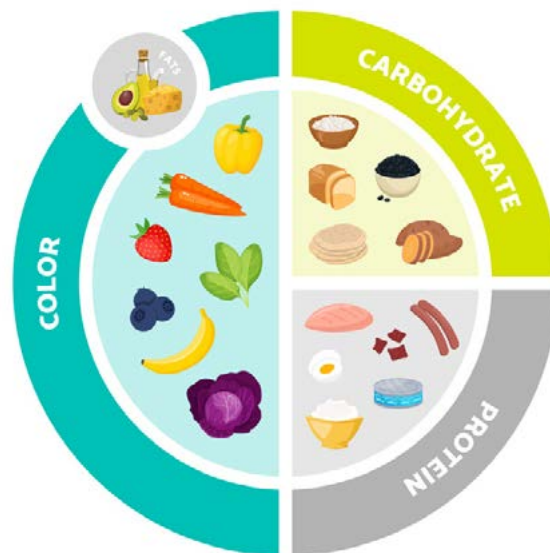
Include protein foods as part of your balanced plate. Protein requirements increase for older adults to prevent age-related muscle loss. Protein can be found in animal-based foods like meat, poultry, fish, eggs, and dairy or plant-based options like tofu, tempeh, and beans and lentils. Foods like peanut butter, nuts, seeds, and whole grains contribute small amounts of protein!

STEP 3: CARBOHYDRATES

Integrate a carbohydrate onto your plate to provide accessible energy to your brain and body. Choose higher fibre carbohydrates more often for healthy digestion and to prevent constipation.

STEP 4: FATS

Decorate your meal with a source of fat to feel full for longer and enhance the absorption of certain vitamins. Fat sources include dairy foods like cheese, butter, or sour cream, oils like olive oil or canola oil, and nuts, seeds, and peanut butter. Plant-based fat sources like avocado, chia seeds, flaxseeds, nuts, and dark chocolate contain beneficial fibre!



TAKE ACTION!

Choose ingredients from each category to build your own balanced plate! For example, prepare a chili with:

- 1. COLOR:** onions, canned tomatoes, bell peppers, and more
- 2. PROTEIN:** extra lean ground beef, ground turkey, and/or beans and lentils
- 3. CARBOHYDRATES:** beans and lentils, sweet potatoes, corn, or a bun on the side
- 4. FATS:** sour cream, cheese, or avocado slices

Stayed tuned throughout 2023 as we feature different areas of health literacy!

We hope to come along with you as you build your personal health literacy toolbox this year. You can visit us online to view additional resources at: sk.bluecross.ca/health-resources

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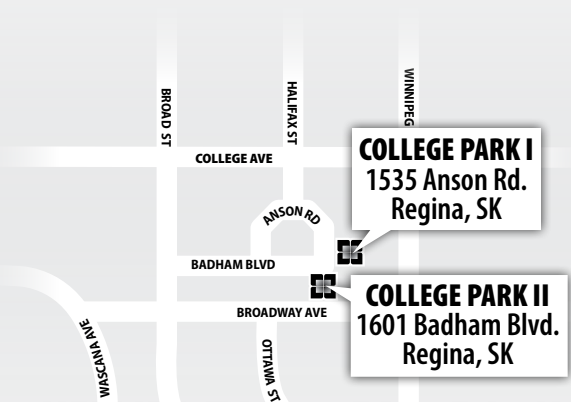
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FRAUD Awareness



“Awareness Is Your Best Protection Against Being a Victim of Scam and Fraud”

Fraud and scams, whether online, by phone, or in person, are more and more prevalent in our society. Data from the Canadian Anti-Fraud Centre shows that in 2022, about one in three fraud victims in Saskatchewan was an older adult. This is concerning. We all need to be aware and wary.

What is the difference between a scam and fraud, anyway? A scam occurs when a con artist takes money from someone but technically does not break the law. Fraud is a clearly illegal act. The con artist uses some sort of deception or pretends to be someone they are not, often an official agency, in order to take your money.¹

We’re not talking about small change here, either. A post on CBC News online in May 2023² says in part that data from the Canadian Anti-Fraud Centre shows that in 2022 not only were about one in three victims in Saskatchewan older adults, but the amount of money lost by these seniors was about \$3.3 million.

They go on to quote the Centre that personal information scams affect the most people: someone posing as a representative for an organization or other entity, and requesting personal information. This can result in identity fraud. In 2022, Saskatchewan had 292 identity fraud cases reported.

What can we do? Be aware and alert. The Regina Police Service suggest remembering and acting on these three words: recognize, reject and report. Slow down, think critically, don’t react in panic. Read more in the article from SaskToday linked in the footnote below³.

The Saskatchewan RCMP, in a tweet during Fraud Prevention Month, said in part: Report fraud to the Canadian Anti-Fraud Centre, even if you didn’t give them any money. If you or a family member lost money as a result of fraud, contact your local police as well as the **Canadian Anti-Fraud Centre**
<http://antifraudcentre-centreantifraude.ca/report>
or call 1-888-495-8501

The Better Business Bureau’s online Scam Tracker

- report a scam
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<https://www.bbb.org/scamtracker>

The Cyber-Seniors website:

- has an excellent section on Cybersecurity
- weekly newsletter with helpful tips

<https://cyberseniors.org/>

¹ Adapted from the 2019 edition of FRAUD PREVENTION AND SAFETY available through the SSM website:
<https://skseniorsmechanism.ca/wp-content/uploads/2017/01/2019-FPS-Handbook-for-Website.pdf>

² <https://www.cbc.ca/news/canada/saskatchewan/saskatchewan-fraud-data-1.6775579>


³ Adapted from <https://www.cbc.ca/news/canada/saskatchewan/saskatchewan-fraud-data-1.6775579>
<https://www.sasktoday.ca/south/local-news/fraud-prevention-month-public-awareness-key-to-foiling-fraudsters-5150692>

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ASK AUNTIE AGEISM

Dear Auntie,

My uncle Harold is 81 years old, a person who pays attention to what goes on in our town, province, country and the world! He has mostly retired from his work as an accountant and sold his business. He still helps out at busy times like tax season.

The other day after a family barbecue, Harold told us he is thinking about running for mayor of our town in the next election. What a hullabaloo that caused! Present were his wife, 2 sons and a daughter, a brother, 3 nephews and me. The first comments were that Harold doesn't need to bother with that stressful stuff any more – just relax and enjoy life. Another person asked him why he wanted to run. His wife said she was a bit worried that Harold's health could suffer but she wanted him to do whatever he decided. Then the questions and comments about his age arose.

You might be embarrassed because few people will vote for you because of your age. You could be blocking a younger person who might want the job. Could you keep up with the pace that would be required of you? Would you be respected by other younger mayors? How could you relate to the younger people in our town?

I must admit I got a bit hot and answered the last question by saying, "You mean younger people like those of us sitting around here?"

I think that the attitudes that came out are ageist – assuming that old age makes a person less capable. My Uncle Harold is one of the most capable people I know, even though he has a hip replacement and has to watch what he eats because his digestive system isn't cast iron any more. I was so disappointed in the reactions of some of my family.

Having said that, I don't know if it is a good idea for Harold to run, but it's HIS decision. I do think he could be a very good, honest mayor who would care about everyone in the town.

Also, Auntie, should I talk with my family about ageism?

— Nora



Dear Nora,

After I read your letter, I was looking at some Tweets and was struck by a posting that said, "Joe Biden fell again. Should he be running for President?" The accompanying picture showed Joe on the ground with men helping him up and even showed the black sandbag that he had tripped over (just as anyone might have). Ageism and politics prompted the question in the headline!

As people can age from 30 to 40 years beyond 60 or 65, the old societal expectations of older people often don't match reality. Research and experience show that older people who find purpose and satisfaction during those years will be healthier and happier. Many continue to work as unpaid but immensely valuable volunteers. A growing group of older adults are paid workers or entrepreneurs or elected leaders who now can spend their time and energy offering their leadership skills. Harold could be a good mayor – but you and others are correct – the final decision is his. Hopefully, his family will support him in that decision.

By the way, the old argument about an older person blocking young people from working is also being challenged as experienced workers and mentors are being sought in many workplaces.

You might want to consider approaching any family members (one at a time) whom you think would be open to a conversation (NOT about whether Harold should run) but about how ageism may deprive Harold of the respect and support that he deserves – and how ageist attitudes can affect other older adults as well.

— Auntie Ageism

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Century Club Corner

Homes have changed over the years, but there is always a sense of security in a “home” that is treasured.

Irene and Olga share some thoughts with us about their “homes” from years ago.

Irene Degenstein

Our first house had one big room with a wooden floor (which I had to scrub by hand) and a small bedroom with just room for a bed and a crib, with a ladder going up to the attic. I still have a photo album (with the corner chewed off by a mouse), that had been stored up there!

Olga Achtemichuk

The outhouse – no home was without one – it became the private sanctuary when a person just had to be alone. Once it was latched with a hook and eye from the inside, you were in a world of your own. The two openings on the seat were made to measure – the larger one accommodated the larger sizes and the small one was small enough to hold a body safely without falling in. The safety measures were taken care of in its construction. In the corner of the seat lay a pile of catalogues, both Eaton’s and Simpson’s. In today’s world it would be like going to the mall, but back then it was an eyeopening shopping spree. You could look, dream and fantasize wearing all the gorgeous clothes and owning all the toys. All the useless pages of tools and other material were always gone first, for a useful purpose, but the good pages went last. My younger sister developed a system where she just disappeared as the dishes had to be done. She would enjoy her privacy, browse and shop for hours, and come out smiling and happy just as the chores would be finishing up. Actually, we all tried the same method but I think she had the system down pat and got away with it more than the rest of us. It wasn’t the most comfortable resting place in the winter, but summer sure had its positive merits. I believe the old outhouse had its millions of jokes about it, but it sure did serve its purpose and the memories of its usefulness have survived through the years.



Jean Thomas, speaker; Carolyn Speirs, Executive Director, Office of the Lieutenant Governor.

Century Club members were honored at two teas that were hosted by His Honour, the Lieutenant Governor of Saskatchewan, Russ Mirasty. A tea was held on May 30th at Government House in Regina, with 37 in attendance, and on May 31st at the Western Development Museum in Saskatoon, with 170 in attendance. Century Club members and guests appreciated the hospitality and were entertained with good music, good food, and by hearing about days gone by from Jean Thomas (Regina) and Ruth Bond Martinson (Saskatoon). June Gaudun spoke about the Saskatoon Council on Aging in Saskatoon, and Linda Restau spoke, at both teas, about the good work of SSM, as well as attributes that individuals that live to be 90 and beyond possess.

You may join the Century Club by calling: Toll free 1-888-823-2211 or 306-359-9956 (Regina)
or send a note to: SSM (112-2001 Cornwall St. Regina, SK S4P 3X9)
If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register.



The members of Saskatchewan Seniors Association Inc. are saddened to announce the passing of our former president Fern Haight. Fern passed away peacefully March 11, 2023. Fern was raised on her family's farm east of Hanley. She attended Allan Hills & Blue Hills schools, Saskatoon Normal School, U of S to receive her Bachelor of Education and spent 40 years teaching school at Hanley and other schools in the district. When she wasn't teaching, she was busy with farm life – happy to be a farmer's wife and mother. Fern was very active in her senior years in the community and in the Senior Citizens Associations, both provincially and federally. Fern lived a long and full life.

Fern served as the SSAI president from 2002 – 2008 and 2013 – 2016.

Honorary Life Memberships

On Sunday, February 19, we recognized Annette Pollard as our newest Life Member, as she turned 90, in December 2022. Annette was our President 2002-2003 as well as Secretary Treasurer in 2007-2008. She was very much involved in the expansion of the Centre in 2009-2012, at which time we raised funds through a successful Lottery. Although she lived in Blaine Lake most of her adult life, she and her husband made a move to Saskatoon, where Roy passed away. A short time later, Annette chose to come back to Blaine Lake and you can see her walking the streets of town every day, rain or shine, often putting 10K on her pedometer. She is an inspiration to all Seniors in the community. -- Submitted by Denyse Rapsey



Lylie Herman, President of the Saskatchewan Seniors Association Inc. had the honor of presenting Allan Redshaw of Semans, Sask. his Honorary Life Membership at his 90th birthday party held at Furgy's Recreation and Eatery in Semans.



Painted Barn Board Workshop

The Vanscoy and District Agricultural Society along with the Delisle Seniors and the Delisle Rec Board sponsored a painted barn board workshop during "Winteruption". It was a full class of 32 and everyone had a great time visiting and meeting new people.



Spalding New Horizons Senior Centre

Spalding Seniors are back in full swing with socializing and coffee times and bingo. The ladies exercise group is going again, and groups like Red Hatters and dance moms are also utilizing our facility. A small group of card players meet once weekly. Fun Day 2023 and Canada Day 2023 are upcoming events.

Walkathon Information for 2023

Our provincial walkathon has ended for 2023. The participation in the walkathon was about the same as 2022. The pandemic seems to have changed many things in our world. I am hoping that more clubs will be anxious to take part next year. The clubs that sent in reports this year did very well. The certificates will be presented at the convention on June 14th & 15th.

The provincial totals were 54,621.78 kms walked, 25 clubs participated and 288 members walked in 2023. The first-place finishers are as follows: Highest Average Kms per Walker – Ogema – 364.93 Kms, Highest Average Kms per Club Member – Kelliher – 200.35 Kms, and Highest Percentage of Club Members Walked – Gull Lake – 100%. Good job, Gull Lake!!

Congratulations to Wendy Broadfoot from Allan who walked 1760 Kms. Well done!! Honorable mention also to the following walkers, Liz Renz from Shellbrook who walked 1540.8 Kms, Marlene Wiles from Ogema who walked 800 Kms. A special shout out to John Leonard, he walked 480 kms at the young age of 90. Also, Doreen Lamb walked 334 kms at the age of 82. Both walkers are from Ogema. Blaine Lake had a special member at the age of 90 who walked 175 kms.

Congratulations to all the clubs and walkers for being a part of our walkathon this year. You are a true inspiration of what can be done. Please continue to be active and join us again next year.

Have a great summer and be sure to have some fun!

Joan Boyer: Treasurer, St. Joseph Seniors Club
 email: j.boyer@sasktel.net phone: 306-980-8151 or 306-422-8487
 mail: St. Joseph Seniors Club, PO Box 248, St. Louis, SK.S0J 2C0

What is Home? What is essential to make a place a home?

“A home is a place where you feel most like yourself. A place where you are surrounded by things that have meaning or evoke a special memory. Home feels safe and inviting. A home is where you invite friends and loved ones to be a part of your life. Home is the place you look forward to being after a long trip or a rough day. Home may not even be a physical place, home can be the feeling when you are surrounded by your family. Home is where the heart is.” -- Carrie Walsh

“It is a place we feel accepted and appreciated. The smiles and laughter are genuine. The freedom to not be judged. To be an equal no matter the circumstances. Compassion is expressed and help is always available. Our common goal is to enjoy each other and our surroundings. Prior to Covid the club was struggling to find common ground and keep going. Covid has taught us that human interaction is something to hang on to. Something we need to give us a purpose in life. We are a community that cares and most of all a community that is home.” -- Roberta Everest, MacDowall Seniors

“HOUSE – Anything that protects one from the elements: 1. Natural Cave; 2. Excavation into River Bank or Hill – i.e. Doukhobor Caves; 3. Tree House; Tipi/Wigwam – animal skins stretched over a cone-shaped group of poles; 5. IGLOO – blocks of snow (ice); 6. Sod Shack – rectangular blocks of sod; 7. Log Cabin – peeled logs; 8. Lumber – tree trunks sawed lengthwise – one room to mansion; 9. Shelter on a flat platform, anchored in water; 10. Apartment – Condo – One large building with many small units; 11. University dorms; 12. Brick – Adobe – rectangular blocks of baked sand; 13. Stone Buildings such as Palace, Castle; 14. R.V.s – House on Wheels; etc.”

What makes a House a Home? Three Components are needed: 1. LOVE, 2. RESPECT, and 3. CONCENTRATING ON “YOU” instead of Focusing on “I or Me.”
 – Charlotte Gillat, retired teacher and member of Maymont Seniors

AGE WITH DIGNITY, UPHOLD HOUSING HUMAN RIGHTS IN CANADA

-- TRISH MCAULIFFE, PRESIDENT, NATIONAL PENSIONERS FEDERATION

The National Pensioners Federation has embarked on reinvigorating our Housing Committee advocacy to support the thousands of housing rights advocates across Canada to achieve the progressive right to adequate housing under the [National Housing Strategy Act, 2019](#) and International Law including the [United Nations International Covenant on Economic Social and Cultural Rights](#).

National Pensioners Federation recent submission to the House of Commons Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities (HUMA Committee) underlined 24 recommendations that we urge the government to immediately address on the growing housing crisis and end the harm created by the financialization of housing by upholding housing human rights protections for all.

Financialization of housing treats housing as a for-profit investment and not as a home, not as a human right and social need. Predatory financialization of seniors housing results in economic stress on elders; to pay rent that is beyond their means, to live in housing that is not appropriate nor affordable, can push seniors to homelessness as well as compromise their dignity, their well-being, their independence and their very lives.

Escalating rents of 20% to 25% or more year-over-year, evictions and renoventions serve to destroy community, foster global and social inequality, reduce affordability in our towns and cities and place costs on Canadian taxpayers and the Canadian economy. This occurs at the time that the majority (78%) of Canadian seniors wish to age in place but only 26% anticipate that they will be able to do so.

As Marie-Josée Houle, Canada's Federal Housing Advocate has said, housing is a human right is not just a slogan – and applicable at ALL levels of government. Financialization of housing did not always exist but is a result of policy by the federal government in the 1990s that allowed the “market” to provide for Canadians' housing needs and is also a result of provincial governments rolling back renter protections. It is URGENT that ALL levels of government immediately act to address what Marie-Josée Houle, Canada's Federal Housing Advocate is now referring to as Canada's housing emergency and to uphold Canadians' human right to housing.

The NPF Submission BRIEF follows from the National Pensioners Federation's WEBINAR on April 4, 2023 regarding “[Aging with Dignity with Affordable Housing](#)” which provided additional insight regarding the issues and priorities of Housing Advocates across Canada. You can find our webinar on our YouTube channel. <https://shorturl.at/hosxM>

We hope you will join us in our advocacy, together we are stronger!

As well as presenting independent policy position briefs to Parliamentary Leaders derived from debated resolutions presented to our Biennial National Conventions, we provide Federal lobby support for improvements to all things concerning Ageing Canadians. WEB: www.nationalpensioners federation.ca

Visit SSAI booth at Spotlight on Seniors Tradeshow
SAVE THE DATE! TCU Place in Saskatoon on Wednesday, Oct 11, 2023 from 9am – 3pm

SSAI AGM/Convention – View Presentations Online

Saskatchewan Seniors Association Inc. hosted its annual convention on June 14-15, 2023 at the Heritage Inn, Saskatoon. Aspen Films recorded the presentations, and these are available to watch online linked from our website: saskseniors.com. We had a full schedule of sessions including:

- About SSAI; SSAI Special Report – a summary of feedback from our survey of rural seniors' clubs
- Darian Kotchorek - Registered Dietitian – Vitality Nutrition
- Bill Brooks - Creative Workplace Consultant and Process Coach; Change Your Perspective - Change Your Future
- Look for the Signs of a Better Business - What is the Better Business Bureau? - How can you use BBB services to find a trustworthy business by knowing their BBB Rating while looking for the Signs of a Better Business? What are the Top Canadian Scams targeting Older Adults? Stay in the know by signing up for Scam Alerts.
- Dr. Brian Donbrook, retired Chiropractor and Consultant to Chiropractic Associates Clinic, Osteoporosis Check; presentation on Fall Prevention
- Trish McAuliffe – updates from National Pensioners Federation
- Connected Canadians – digital literacy and connecting older adults with technology training/support.
- Shan Landry – updates from SSM
- Martha Robbins – Treaty Land Sharing Network
- Lung Saskatchewan – programs/services, and an update on the Long COVID website

Thanks to our convention sponsors:



Thanks to everyone who donated to the silent auction including:



SSAI RAFFLE TICKETS

SSAI raffle fundraiser (Licence #SR22-1351) – winners were drawn at convention in Saskatoon on June 15th, 2023. Winners have been contacted. Visit our website to view the list of winners!

Thanks to everyone who purchased tickets for supporting Sask Seniors and rural seniors clubs!



ANNUAL MEMBERSHIP FEE - \$5/person

SSAI Financial year is from April 1st – March 31st.

SSAI Membership fees can be mailed to:

Shannon Wright, Secretary/Treasurer, Box 455 Vanscoy, SK S0L 3J0

Phone: 306-493-3023 email: info@saskseniors.com

Website: saskseniors.com

Saskatchewan Seniors Association Inc. (SSAI) would like to acknowledge the support of Saskatchewan Seniors Mechanism (SSM) and the Saskatchewan Lottery Trust Fund for SSAI outreach to Seniors.

Some of this funding pays for the quarterly distribution of the SSAI newsletter in Gray Matters.



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