



2023

ANNUAL REPORT



Older Adults Moving Forward

SSM Member Organizations

Canada Post Heritage Club - Golden Sheaf Chapter
C.A.R.P. Saskatchewan
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
Sask Tel 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
College of Registered Nurses 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

SSM Partner

Saskatchewan Urban Municipalities Association



SSM Board

President

Randy Dove

Past President

Robert Wuschenny

Vice President

Shan Landry

Treasurer

Brian Harris
André Nogue

Secretary

Sunil Pandila

Members at Large

Shirley Dixon
Ann Donovan
Don Gabel
Annette Labelle
Richard Marcotte
Doug Still
Scott Wilson

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MESSAGE FROM OUR PRESIDENT & EXECUTIVE DIRECTOR



Randy Dove
President

As everyone emerges from three years of disruption due to the global pandemic, we can look back at the last year with pride and a sense of progress and success.

Whether by planning or necessity, at SSM we considered the time as a period where we could pivot and examine the ways we work, communicate and respond to our member organizations.

The introduction of virtual technology provided opportunities to reach a far larger audience in a low-cost way. We continue to be delighted by your acceptance of this approach as it has allowed SSM to stretch budgets while continuing to provide information and include participation across the province and beyond.

During 2022-23, we continued our public awareness campaign focused on “independent living” with emphasis on “home supports” through both digital and traditional media. Your positive response is being noticed and we believe has played an important role with over 2800 people signing up to help its promotion.



Holly Schick
Executive Director

With increased public awareness and discussions with the provincial government, start-up funding was allocated for demonstration projects through the “Facilitating Independence” initiative. Thirteen community-led projects are underway to help show alternatives that we expect will show options for future consideration.

Much effort has been put forth to build momentum for “Age-Friendly” communities. With almost half the Saskatchewan population now living in communities designated as “age friendly”, this strategy continues to build.

While some initiatives were more profiled, solid work continued on ageism, mental health, and supporting member organizations with grants for local activities that support older adults.

As “older adults move forward”, SSM continued discussions with our partners, SUMA, SARM and the Saskatchewan Health Quality Council. These relationships are invaluable to help multiply the impact SSM has to advocate for change with decision makers.

These relationships have led SSM to investigate “social prescribing”, an internationally accepted approach to respond to the broader needs and expectations of older adults. We expect that this direction may dominate interests as we see this as a pathway to bring home supports and age-friendly activity into one larger strategy.

With these actions, SSM has increased visibility with key decision makers as the leading organization advocating for older adults in Saskatchewan. We appreciate your support and confidence as we move forward together!



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

Vision Statement

Quality life
for all
older adults in
Saskatchewan

SSM Staff



Holly Schick
Executive Director

Linda Anderson
Communications &
Ageism Awareness

Catherine Barnsley
Age-Friendly
Communities

Sybil Nugent
Administrative
Assistant

Beth Stilborn
Website & Social Media

Linda Restau
Program & Promotions

Kerri-Lee Bray
Graphic Design

IN MEMORIAM



Robert Wuschenny & Brian Harris

The SSM Community was deeply saddened to learn of the deaths of two key figures in our SSM work over the years, Robert Wuschenny on December 19, 2022 and Brian Harris on December 31, 2022. Both were long-time members of the SSM Board who served in many capacities over the years.



Robert

Robert served on the SSM Board for many years in many capacities, most recently as Vice-President, taking over as President after Betty Pickering's death and continuing for two terms after that. At the time of his death he was Past President. In the course of these duties, he sat on many of SSM's committees and took a vital interest in each one. He was active in Age-Friendly Saskatchewan as a member of the Age-Friendly Saskatchewan Committee for a time, Age-Friendly Regina's Steering Committee and as a Liaison for one of the other Age-Friendly communities in the province.

Robert lived a life of service, and was active in many other organizations across the province, including serving the Superannuated Teachers of Saskatchewan and the Ukrainian Catholic Church, to name only two. His humour, precision, and caring will long be remembered. He will be sorely missed.



Brian

Brian served with a smile on his face and a twinkle in his eye. He served SSM in many capacities, including various positions on the SSM Board, culminating in his capable service as Treasurer. He also served as Chair of the Research and Issues Committee of SSM currently working on the Home Supports Initiative, and was a willing photographic subject when SSM needed photos of home supports work. Brian also served Age-Friendly Saskatchewan as chair of the Age-Friendly Regina Steering Committee for a time, and as Liaison for Age-Friendly Regina, and was an enthusiastic supporter of the Age-Friendly cause.

Brian's joie-de-vivre, his willing service, and his engaging smile made him a welcome visitor to the SSM office. He, too, will be sorely missed.

OLDER ADULTS MENTAL HEALTH



Mental Health Awareness

CONNECT is a pre-recorded presentation that offers support and ideas for older people to live safely and comfortably and to stay mentally and physically strong. It is most effective if a group can watch it and discuss the information.



Let No one Be Alone Week

- Observed in January
- Focused on how we can reduce social isolation and loneliness for those around us who currently have few meaningful social interactions.
- Resources were updated relating to:
 - reaching out to someone who is isolated
 - ways to connect and provide others an opportunity to contribute
 - ways that community organizations can support those who are at home alone
 - actions that businesses can take to help customers feel less isolated

These resources will now be available and usable all year round.

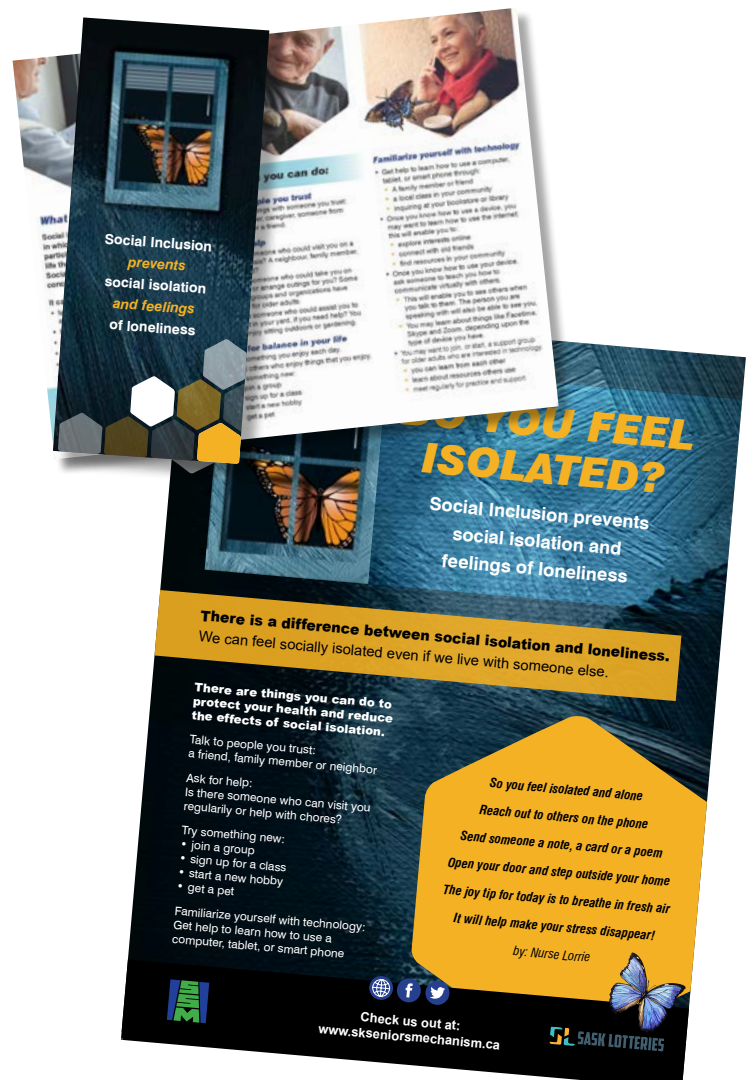
Other Resources

New resources were created were developed to help individuals understand what social isolation is, and how it can be prevented:

- 4 posters
- Brochure

Presentations

- Mental health was a component of a number of presentations
- Century Club Teas - Presentations to members and guests relating to attributes of those who live to 90 and beyond.



CELEBRATING SENIORS



Jeffery Straker



Christine Niemczyk



The Honourable Russ Mirasty

On September 25, 2022, SSM (Saskatchewan Seniors Mechanism) honoured older adult volunteers, at a virtual Celebrating Seniors Zoom Event. Individuals from across the province who have contributed to making their communities stronger, safer, and healthier, were celebrated. Words of inspiration and a blessing were provided by Matriarch, Brenda Dubois. SSM was pleased that the Lieutenant Governor of Saskatchewan, the Honourable Russ Mirasty was the guest speaker at the event. The Honourable Everett Hindley, Minister of Mental Health and Addictions, Seniors, and Rural and Remote Health was, unfortunately, not able to attend but provided recorded greetings.

Randy Dove, president of SSM, welcomed individuals to the event, and Holly Schick, Executive Director of SSM, thanked the sponsors and introduced the MC, Christine Niemczyk, CAA Saskatchewan. Jeffery Straker, a Saskatchewan musician and song writer, provided entertainment. Everyone present enjoyed his songs and stories.

A tribute to the following nominees was presented by Brian Harris and Jeanne Alexander.

Linda Clark - Regina

Janet Lemon - Maryfield

Kay Yee - Regina

Muriel Cameron - Porcupine Plain

Janet Skalicky - Carrot River

Lorna and Herb Gutsch - Asquith

Seniors Centre Without Walls:

Georgette Gregoire - Moose Jaw rural

Myrna Bazylewski - Regina

Della Ferguson - Moose Jaw

William Morrell - Moose Jaw

Lorne Jackson - Moose Jaw

The Big Book Sale,

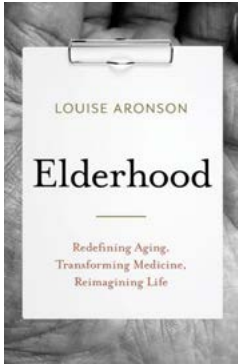
The Seniors University Group (Lifelong Learning Centre, University of Regina)

159 volunteers represented by

Neale Partington - Regina

AGEISM AWARENESS

Reducing ageism is a fundamental component of advocating for all people to age well, with respect, support and the ability to make choices as they age. Much ageism is unnoticed and accepted even though it has destructive effects on individuals and communities. Our work is to shine a light on ageism so that we notice it, and to disrupt the deeply embedded, normalized and invisible ageism that is within us all.



Ageism awareness was included in presentations and displays, either as an informative section or referred to in comments about SSM programs and activities. Conversations that arose were insightful. Individuals often talked about their real-life experiences of recognizing ageism, and occasionally, how they publicly spoke against it. Often, they were surprised that others supported ideas about using different words and actions to “change the channel”.



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.

Rachel McAlpine - New Zealand author, poet and song writer

“Once you're conscious of agism you see it everywhere. Old people are still unthinkingly stereotyped and mocked and rejected for their age alone. For me, the worst, and toughest call was when I recognised in myself the very same contempt for old people. That puzzled me, and I still find it both weird and unacceptable. Doing my best to change my own attitude and other people's!”

Every WORD (& gesture) Counts

A guide to taking ageism out of aged care



SSM is a member of an amazing website, Old School Clearinghouse – the anti-ageism clearinghouse: <https://oldschool.info/>
Examples of what can be found -- blogs, campaigns, books, videos, all inspiring and all FREE.

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.



A Blooming Perennial is introduced as a feature in almost every edition of Gray Matters.

AGE-FRIENDLY SASKATCHEWAN

Age-Friendly (AF) 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 & District

Moose Jaw

Moosomin

Pasqua First Nation

Ponteix

Regina

Regina Beach/Buena Vista/

Kinookimaw

Rosetown

Saskatoon

Shaunavon

Strasbourg

Yorkton

Significant Age-Friendly activity means that approximately 500,000 Saskatchewan people live in communities on the Age-Friendly journey.

To learn more about Age-Friendly: <http://www.agefriendlysk.ca>

Committee & Staff Activities

- 2 Gatherings (Zoom) of communities on the AF journey. Attendance averaged 24. Topics: local AF Committee presentations on community stakeholders, and organizing local finances.
- 2 Consultations (Zoom) of liaisons (appointed by AF SK Committee to support AF communities) to discuss job description, communication, understanding AF as a journey not destination.
- Provincial Recognition Designation of AF Communities: Kipling & District, Moose Jaw, Regina; and Maintaining Recognition Designation of Rosetown.
- Launched AF SK Newsletter The Connector: 6 editions of upcoming AF & SSM Events & website updates including community & domain pages.
- Actively supporting AF communities & liaisons through phone/video calls including peer-to-peer support.

Committee Work

The SK Age-Friendly Committee: Doug Still (Chair), Linda Pratt, Shirley Dixon, Annette Labelle, Don Johnson, Brenda Curtis, Devona Putland, Éric Lefol, Catherine Barnsley (Staff) met four times, and began a process to create a 2-3 year Action Plan.



243 Members 4 Branches



- With the worst of the pandemic behind us, Century Club Members were honoured at two Teas in 2023 that were hosted by His Honour the Honourable Russ Mirasty Lieutenant Governor of Saskatchewan. The Teas were held on May 30th in Regina and on May 31st in Saskatoon.
- A new Brochure was developed.
- Newsletters continue to be a means of communication.
- All members receive a birthday card and a copy of Gray Matters.
- Thanks to Joan Bankowski who sends out the birthday cards.
- Thanks to SCOA for overseeing the Century Club in Saskatoon and to Age-Friendly Moose Jaw for overseeing the work in Moose Jaw.

Saskatoon Branch (SCOA)



Moose Jaw Branch (Age-Friendly Moose Jaw)



Regina Branch



Saskatchewan Branch (all other areas of the province)



SSM Honourary Patron

His Honour the Honourable Russ Mirasty
Lieutenant Governor of Saskatchewan



RESEARCH AND ISSUES

SSM Home Supports Initiative



Since our launch of the Home Supports Initiative on October 1, 2021 we have been working to raise awareness of the need for a practical home supports program in Saskatchewan.

So far, over 2800 have signed up in support of this initiative. Supporters receive a Home Supports newsletter which include updates on what is happening and ideas for promoting home supports.

Work this year has focused on our media awareness campaign, advocacy with governments and expanding our connections with potential stakeholders. An overview of the media campaign and a listing of presentations follows this report.

Key components needed in a Home Supports Program

- A provincial framework
- Municipalities and older adults must be involved in the development and implementation
- Same services available for all, but delivery may vary in different locations
- Assessment/accreditation process for service providers - ensure qualifications, consistent service delivery and standards
- Assessment process for potential users
- Sliding scale for cost of services

Social Prescribing



Another promising and related concept that is gaining momentum in Canada and other countries is social prescribing. Social prescribing enables healthcare providers to refer people to local, non-clinical services, including community and social services. A trained community connector links clients and community service providers. SSM is looking at how social prescribing can relate to our work on home supports.

Saskatchewan Health Quality Council



Because our work on home supports and social prescribing aligns with current research and objective of HQC, we have had extensive conversations with them as we seek ways to collaborate.

- Met via Zoom throughout the year regarding home supports, including social prescribing
- Supper meeting with HQC – September 26, 2022
- SSM presented at their QI Power Hour webinar – July 16, 2022
- Participated in an HQC event – Care Closer to Home: Improving Health Quality for Community-Dwelling Seniors with Complex Needs – May 5, 2023
- HQC presented at our conference – May 18, 2023

COMMUNICATIONS

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.

Communication staff and volunteers have worked closely with the Research and Issues committee and Age-Friendly Saskatchewan as well as with those responsible for other SSM programs and activities.

Media Advertising



Bell Media (CTV) April/May 2022 - 30 second ads on TV and streamed on web.

Global – March/April 2023 –30 second ads (2 versions) for TV and web streaming.

Post Media – Campaign using print, social media and internet news sites ran in 2022 and 2023. Leads collected are a large part of the Home Supports group that receive Home Supports Newsletters. Two videos produced by Adrian Halter are owned by SSM and showing on You Tube ads.



CKRM 620 radio – Advertising on Countdown to Kick-off as the sole sponsor of “Kickin’ it with Brett Lauther” – includes sponsor credit plus 30 second message.

Rural weeklies and their websites – 18 different weeklies, articles and ads.

SUMA – quarterly Municipal Voice.

STS and SRA statement



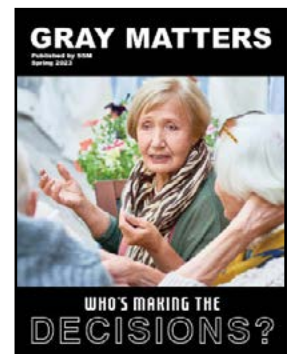
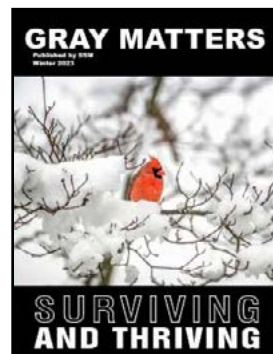
Dr. Hayley Wickenheiser is now a Champion for SSM Home Supports!

SSM Websites and Social Media

Both the SSM website www.skseniorsmechanism.ca and the Age-Friendly Saskatchewan website www.agefriendlysk.ca were moved to a local hosting company, Creltech, with a marked improvement in service. Web manager Beth Stilborn has analyzed and re-worked the sites and worked with Age-Friendly staff to design new pages to meet the needs of Age-Friendly Saskatchewan.

Facebook and Twitter posts have been posted at least weekly. The Facebook group, Saskatchewan Positive Aging, moderated by Linda Gunningham shares posts and encourages conversation through comments by the group.

Gray Matters issues:



FACILITATING INDEPENDENCE AND GOVERNANCE



Facilitating Independence Grants

SSM has worked with the Government of Saskatchewan (Ministry of Health), to provide one-time grant funding totaling \$250K to organizations to implement projects or initiatives aimed at assisting older adults to remain independently in their own homes and communities. 13 grants for **Facilitating Independence** were disbursed. All organizations that applied for funding received the amount they requested. Grants ranged from 6K-20K. Projects are underway and will conclude by December 31st, 2023. Many of the grant recipients are focusing on things related to:

- Improving socialization and preventing isolation.
- Developing resources, such as information guides and Service Directories.
- Enhancing home supports.
- Meeting technology needs.
- Implementing transportation programs.
- Providing yard-care assistance services.
- Increasing access to physical activities and social programs.
- Providing health care information and education sessions.
- Holding Wellness Clinics.

Governance

Work was done to clarify the differences between member and supporter organizations. This discussion resulted in recommending the following change to the SSM Bylaws.

Current wording 4.0 – “Member organizations which may be represented on SSM may be province wide, city wide or area wide in terms of membership, goals and objectives and they will collectively provide a network of programs or services across the province.”

Recommended wording 4.0 – “Member organizations which may be represented on SSM will all normally have provincial mandates. Regional based organizations may be considered for membership at the discretion of the Board. Member organizations will have goals and objectives and collectively provide a network of programs or services across the province.”

There will always be some regional organizations that are appropriate to have as members – in fact we have some now. However, this change will add clarity for organizations applying to be members or supporters in the future. This change will not affect any current member or supporter organizations.

MEMBER ORGANIZATIONS

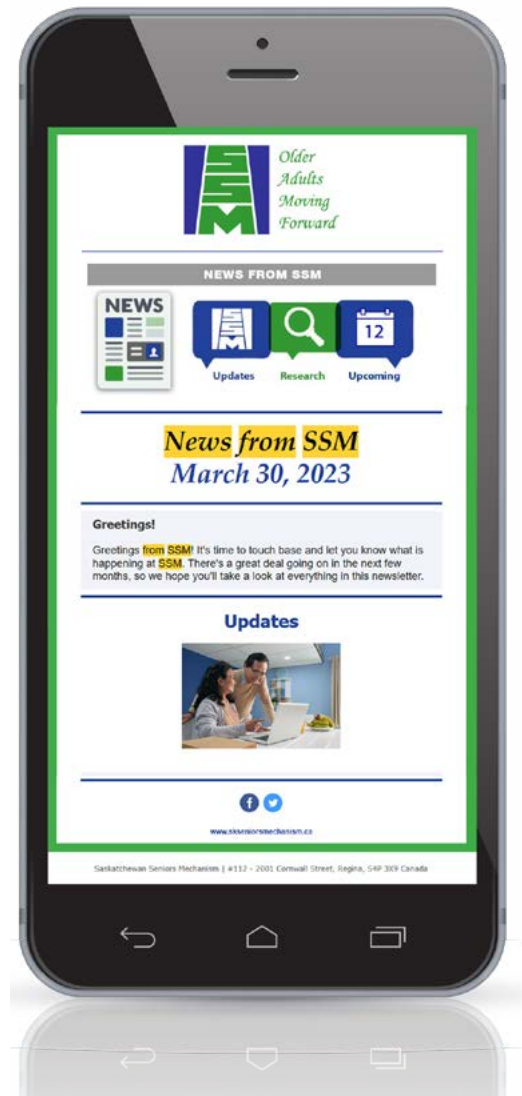
Member Organization Education Day and Consultation

The education portion of the day included a gathering of stakeholders to raise awareness of the Home Supports Initiative, gather allies and strengthen ongoing advocacy. It included a video presentation on demographics and economics from Don Drummond, and dialogue on ‘How do we achieve critical mass to demand change?’ involving Steven Lewis, Dennis Kendel, and Shan Landry.



This was followed by the member organization consultation which focused on where we are at as we continue to live in a chaotic world that includes Covid19, wars, disastrous climate events, political dysfunction and other stressors. We reflected on “What have we learned? How have we changed? How do we go forward in different times? What now? It offered an opportunity to focus on our communities and our advocacy:

- Consider what has shifted, and what needs to happen
- Share information about how some organizations are thinking and acting
- Identify commonalities and ways to coordinate efforts, create synergy and critical mass
- Share perspectives on what advocacy means and the desired results of our advocacy



News from SSM

We reformatted our News from SSM newsletter. We have been including information on some of our member organizations upcoming events when they are things that can include participation from all over the province e.g. educational events held on Zoom, promoting the Make Noise for Education rally.

CONFERENCE 2022

The timing of our AGM shifted a bit because of the pandemic. We are including information on the last two conferences to bring us up to date with the new timing.



Dr. Samir Sinha

Home Supports: From Need to Reality May 18-19, 2022 via Zoom

Presentations

Location! Location! It Matters Where You Age

Dr. Samir Sinha Director of Geriatrics at Sinai Health System and the University Health Network in Toronto and a Professor of Medicine at the University of Toronto and the Director of Health Policy Research at Ryerson University's National Institute on Aging

Danish Experience and Perspectives

Dr. Michael Nielsen (Denmark) Vice President responsible for Advocacy, Strategy, and Innovation at DaneAge Association – Ældre Sagen

How Boomers are Changing Views on Aging

Dr. Gillian Ranson Journalist and sociologist, a front-wave boomer herself, author of Front-Wave Boomers – Growing (Very) Old, Staying Connected and Re-Imagining Aging



Michael Nielsen

Panel: What's Happening in Saskatchewan

with Wendy Thienes – Aging in Place Shaunavon; Jessica Brost, Paramedic – Reducing Emergency Calls with Older People; and Brian Harris – SSM Home Supports Initiative Progress Report.

Panel: From Dream to Reality

with Shan Landry (moderator); Beliz Açan Osman; Brian Harris; Rennie Harper; and Jayne Whyte



Gillian Ranson

HOME - Heart, Options, Meaning, Economics May 17 and 18, 2023 via Zoom

Presentations

Better at Home BC

Bobbi Symes, Assistant Director, Healthy Aging at United Way British Columbia and Camille J. Hannah, Provincial Coordinator for Healthy Aging at United Way British Columbia

What is Social Prescribing?

Sonia Hsiung, Director, Canadian Institute for Social Prescribing
From evidence to action: supporting research, collaboration, and skill-building to accelerate improvement in community-based care and services for older adults – Tracey Sherrin, Chief Executive Officer, Saskatchewan Health Quality Council

Sharing Experiences of Realities of Life in Saskatchewan

What makes a place feel like home?

- Making decisions about where to live in later stages of life – Sydna Stilborn, Joan Gray and Catherine Barnsley
- How increasing fitness and wellness opportunities for older people builds connections in Foam Lake – Celise Hack

Affordability predicts where people can choose to live!

- What is the 'Silver Economy'? – Linda Anderson
- How much older people's unpaid work contributes financially to our economy – Randy Dove
- How Saskatoon Services for Seniors is providing affordable services to support independence and aging in place – Cheryl Loadman

How connections lead to meaningful lives.

- How community services such as transportation and yard services facilitate independent living in Wapella – Karen Holloway
- Home-like models of LTC design: why they work for residents – Elizabeth Pywell
- Local governments working together to support being Age-Friendly in Kipling and district – Don Johnson

Choices for individuals and communities.

- The challenges and choices Rosetown considers when meeting the wants and needs of its older citizens – Jan Coffey-Olsen
- How to stay in your own home while dealing with medical challenge – Lyn Goldman
- Coliving - The journey to establish an interdependent community of older people – Doug Tindal



Bobbi Symes



Camille J. Hanna



Sonia Hsiung

CONNECTING

Presentations we made:

Unless otherwise noted, the focus for these was the Home Supports Initiative. Wherever possible we also included information on Ageism, Age-Friendly Communities and general information about SSM.

- Webinar: Older Adult Abuse Webinar (part of an SPCA series on various forms of abuse) – May 12
- Saskatchewan Retirees Association AGM – May 26, 2022
- Saskatchewan Seniors Association Convention – June 8, 2022
- QI Power Hour (Health Quality Council) – July 16, 2022
- 7 SUMA Regional Meetings – Fall 2022
- Sask Energy Alumni – September 13, 2022
- Northgate Walkers – October 5, 2022
- Lifelong Learning Centre Wellness Wednesday – Oct 12, 2022
- Webinar: Calling the Shots – What You Need to Know this Influenza Season – Nov 2, 2022
- SARM Mid-Year Convention – Nov 16, 2022
- Yorkton Film Festival - introduction and discussion following the film “Golden: the End of Ageism” – January 17, 2023
- Seniors’ Group at First Presbyterian Church – Feb 21, 2023
- Unitarian Church – Feb 26, 2023
- Regina Public Library, via Zoom – Mar 6, 2023
- Superannuated Teachers of Saskatchewan Regina Chapter – Mar 20, 2023
- Superannuated Teachers of Saskatchewan AGM – May 10, 2023
- Ostomy Group – May 13, 2023

We had displays at the following events:

Spotlight on Seniors in Saskatoon – Oct 4, 2022

Saskatchewan Association of Nurse Practitioners Conference – Nov 4-5, 2022

SARM Convention – Mar 13-15, 2023

SUMA Convention – April 16-18, 2023

We also participated in:

- International Federation on Aging Influenza Showcase – May 25, 2022
- Vital Signs Community Network – June 16, 2022
- SCOA AGM – June 23, 2022
- Age-Well Conference and the Canadian Association on Gerontology Conference – October 19-22, 2022
- SPRA AGM – Oct 18, 2022
- Ageism Round Table – Oct 11, 2022
- Your 100 Year Life – video and discussion put on by the National Institute for Health – Feb 6, 2023
- Platinum Jubilee Medal Ceremony – Feb 28, 2023
- Pre-budget meetings with Minister Makowsky and Minister Hindley – Mar 22, 2023
- Signing of new Lotteries agreement with Saskatchewan Government – May 11, 2023
- CAH Distinguished Lecture and meet and greet – April 27, 2023
- Meeting with Lifeline staff – May 2, 2023
- Collaborative Nurse Practitioner Program annual Program Advisory Meeting – May 26, 2023
- Monthly meetings of the Public Health Agency of Canada Age-Friendly Communities Reference Group

OTHER SSM ACTIVITIES

SSM nominated André Nogue and Robert Wuschenny to receive the **Queen Elizabeth II Platinum Jubilee Medal**. These were presented by Lieutenant Governor Russ Mirasty on February 28. Robert's medal was presented posthumously and received by his daughter.

SSM President/Vice-President and Executive Director were special guests at the **SUMA Conventions** in 2022 and 2023.

Met with the **Community Care Branch** of the **Ministry of Health** and with the **Minister Responsible for Seniors**.

Requested that April 2-8 be designated as **Caregivers Week** and were pleased that the provincial government made that declaration. Caregivers Week is a time to recognize and honour the dedicated caregivers – both paid and volunteer – in our province who are providing care for family members or friends who are able to maintain independence and quality of life because there are people who are prepared to help them.

SSM is involved in planning for a Canadian Community Based Seniors Services (CBSS) Summit to be held in Ottawa in 2024 – the CBSS is broadly defined as including all municipal and non-profit services that provide programming for older adults including recreation centres, community centres, multi-service agencies, seniors' centres, community coalitions, and neighbourhood houses.

We submitted a successful grant application to New Horizons for work on Ageism Awareness.

Participated 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.



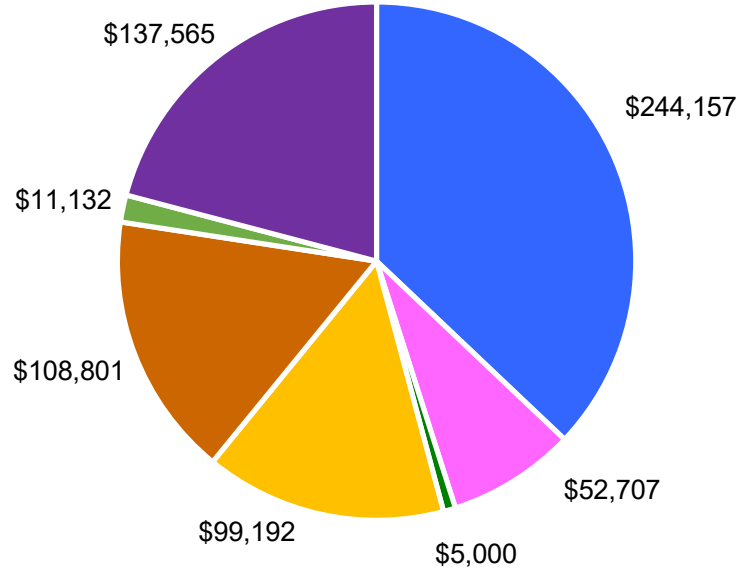
His Honour and Tricia Wuschenny



His Honour and André Nogue

Grants Received by SSM

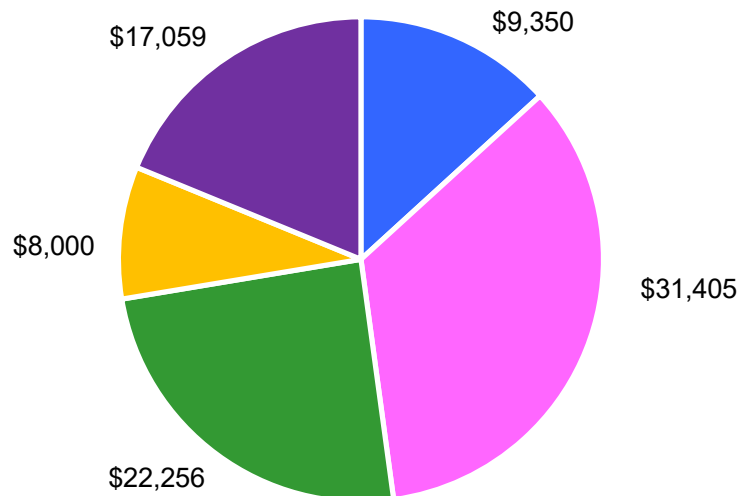
- SK Lotteries Trust Fund/SPRA (Core Funding)
- SK Health (Core Funding)
- Influenza Awareness
- Seniors Mental Health
- Facilitating Independence
- NH Videoconferencing
- Home Supports (from Member Orgs)



SSM distributes grants to member organizations. This is a part of the funds received from the Saskatchewan Lotteries Trust. Please see details below.

Grants to Member Organizations (funded from SK Lotteries Trust/SPRA Grant)

- Sask Seniors Association Inc
- Lifelong Learning Centre
- Saskatoon Council on Aging
- Vitalite 55+
- Saskatchewan Senior Fitness Association



COMMITTEES / ADVISORY GROUPS

Ex officio – Randy Dove

STANDING COMMITTEES

FINANCE AND AUDIT

Brian Harris - Chair
(up to December 31, 2022)

André Nogue - Chair
(from January 1, 2023)

Randy Dove

Don Gabel

Shan Landry

Richard Marcotte

André Nogue

GOVERNANCE

Robert Wuschenny - Chair
(up to December 31, 2022)

Randy Dove - Chair
(from January 1, 2023)

Sunil Pandila

Don Gabel

NOMINATIONS

Robert Wuschenny - Chair
(up to December 31, 2022)

Randy Dove - Chair
(from Jan 1, 2023)

Shan Landry

ADVISORY GROUPS

COMMUNICATION

Scott Wilson - Consultant

Linda Gunningham - Facebook

Positive Aging Group

PROGRAM COMMITTEES

RESEARCH AND ISSUES

Brian Harris - Chair
(up to December 31, 2022)

Shan Landry
(from January 1, 2023)

Ann Donovan

André Nogue

Richard Simpson

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Robert Wuschenny
(up to December 31, 2022)

AGE-FRIENDLY SASKATCHEWAN

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Shirley Dixon

Don Johnson

Annette Labelle

Éric Lefol

Linda Pratt

Devona Putland

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.