



# 2024

**ANNUAL REPORT**

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*Older  
Adults  
Moving  
Forward*

## **SSM Board**

### **President**

Randy Dove

### **Vice President**

Shan Landry

### **Treasurer**

André Nogue

### **Secretary**

Don Johnson

## **Members at Large**

Gary Boechler

Shirley Dixon

Ann Donovan

Kelvin Fisher

Don Gabel

Richard Marcotte

Doug Still

Scott Wilson

## **SSM Member Organizations**

Canada Post Heritage Club - Golden Sheaf Chapter

C.A.R.P. Saskatchewan

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

Seniors University Group

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

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# MESSAGE FROM OUR PRESIDENT & EXECUTIVE DIRECTOR



Randy Dove  
President

During the reporting period, SSM (Saskatchewan Seniors Mechanism) has achieved unparalleled momentum towards breakthrough change for older adults.

With almost half of Saskatchewan's population residing in Age-Friendly communities, this global initiative has been growing rapidly. Our challenge has been to keep pace with the interest originating in various communities across the province.

We have continued our efforts to build awareness about Positive Aging. With special emphasis on Home Supports, the media efforts have resulted in over 5,000 people joining with SSM to help stimulate conversations and discussions in many different forums.

With the media campaign, and ongoing advocacy, the Province of Saskatchewan chose to continue to fund experiments in Facilitating Independence. These are focused on many different communities and community groups, all in a combined effort to display the possibilities of Home Supports to showcase "Real Options, Better Outcomes and Lower Costs" rather than traditional institutional care. This program is entering its third year, with positive results beginning to emerge.

SSM was successful in receiving added funding to develop a multi-year plan for Social Prescribing initiatives. Starting in Shaunavon and Moose Jaw, gathering community support with medical professionals, local service providers and residents, recipients will be able to access a broad array of responses and services to increase overall well-being. Supported by the Saskatchewan Health Quality Council, these concepts will be tried, adjusted and shared with other communities. As these communities demonstrate success, SSM will report to member organizations, stakeholders and increase advocacy with the Ministry of Health to embrace Social Prescribing as an enhanced approach to preventative health for all citizens.

With a fast-paced year, SSM continued to support many other priorities. Celebrating Seniors for volunteerism, the Century Club, and ageism awareness activities were continued with increasing response from older adults.

As the global environment churns with many challenges, SSM has set sight on its direction, stayed focused with financial, staff and volunteer resources to build the foundation for sustainable change. When we refer to "older adults moving forward" we really see the future with confidence. Continued support, steadfast resolve and willingness to adjust to the ever-changing environment means success for SSM!



Holly Schick  
Executive Director



*Older  
Adults  
Moving  
Forward*

## Vision Statement

**Quality life  
for all  
older adults in  
Saskatchewan**

## Mission Statement

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

### We do this by:

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



## SSM Staff



**Holly Schick**  
Executive Director



**Linda Anderson**  
Communications &  
Ageism Awareness



**Sybil Nugent**  
Administrative  
Assistant



**Beth Stilborn**  
Website & Social Media



**Linda Restau**  
Program & Promotions



**Wendy Thienes**  
Age-Friendly Communities



**Catherine Barnsley**  
Age-Friendly  
Resource Development



**Rod McKendrick**  
Social Prescribing



**Kerri-Lee Bray**  
Graphic Design



## 230 Members 4 Branches

- Century Club Members were honoured at two Teas 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.
- All members receive a birthday card and a subscription to 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.



Lieutenant Governor's Tea in Saskatoon



Robbie Burns Day - Cutting the Haggis



Jean Thomas at Lieutenant Governor's Tea in Regina



Saskatoon Century Club Volunteers



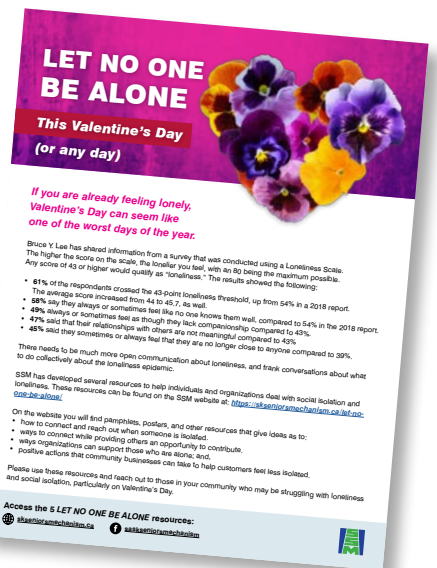
**LET NO ONE BE ALONE**  
*This Valentine's Day*

Let no one be alone on Valentine's Day, or any day.



## Other Resources

SSM has developed several resources to help individuals and organizations deal with social isolation and loneliness. These resources can be found on the SSM website at: [skseniorsmechanism.ca](http://skseniorsmechanism.ca)



Information was shared publicly about the impact of loneliness. Loneliness can be felt more on special occasions such as Valentine's Day.

A survey that Bruce Y Lee had conducted used a Loneliness Scale. The higher the score on the scale, the lonelier you feel, with an 80 being the maximum possible. Any score of 43 or higher would qualify as "loneliness." The results showed the following:

- 61% of the respondents crossed the 43-point loneliness threshold, up from 54% in a 2018 report. The average score increased from 44 to 45.7, as well.
- 58% say they always or sometimes feel like no one knows them well, compared to 54% in the 2018 report.
- 49% always or sometimes feel as though they lack companionship compared to 43%.
- 47% said that their relationships with others are not meaningful compared to 43%.
- 45% said they sometimes or always feel that they are no longer close to anyone compared to 39%.

There needs to be much more open communication about loneliness, and frank conversations about what to do collectively about the loneliness epidemic.





# Celebrating Seniors

## Volunteer Awards 2023



On October 1, 2023, SSM honoured older adult volunteers at a Celebrating Seniors Volunteer Awards gala, held at the Conexus Art Centre in Regina. Older adults from across the province who have contributed to making their communities stronger, safer, and healthier, were celebrated.

Rod McKendrick was the MC for the evening. Our Honourary Patron, The Honourable Russ Mirasty, Lieutenant Governor of Saskatchewan, was called away for a family emergency. Tom Mansfield, Aide-de-Camp, read the greetings that His Honour had written for the occasion.



Greetings were also presented by MLA, Blaine McLeod, and SSM President, Randy Dove.

After an excellent buffet supper, guest speaker Evan Bray, retired Chief of Police, Regina Police Service, highlighted his own experiences as a volunteer, and his experience with others whom he worked with, and who have volunteered.

Jeffery Straker, and guitarist Bryn Besse, provided entertainment for the evening.

## Categories, Nominees and Award Recipients

### *Community Leadership (Urban)*

Linda Pratt (*Award Recipient*)

Phil Johnson

### *Community Leadership (Rural)*

Edith Henry

Linda Ard

Rick Ronning (*Award Recipient*)

### *Advocacy*

Dave Greenfield (*Award Recipient*)

People of African Descent:

Seniors and Friends Club (*Award Recipient*)

### *Arts & Culture*

Jeanne Alexander (*Award Recipient*)

Marion Mutala

Marg and Craig Hubbard

### *Blooming Perennial (90+)*

Chris Oehler

Lyn Goldman

Marjorie Hislop (*Award Recipient*)

### *Well-being*

Charlene Kamentz

Forever... in *Motion*: Strasbourg

Lorna Hauta (*Award Recipient*)

Marilee Lowe

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.

## 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 featured in almost every edition of Gray Matters.**

Blooming Perennials featured in 2023-2024 are:

- Alice Samkoe
- Shan Landry
- Robert Wuschenny
- André Nogue

SSM staff Linda Anderson and Beth Stilborn have been preparing a magazine type publication describing the Blooming Perennials initiative and including all the perennials from the beginning in 2019 to the present. The publication will also include informative and inspiring short pieces about ageism and how to reduce its presence in individuals and society. This publication is funded through a grant from New Horizons and will be published in June 2024.



### 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.*

### 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 the resources that can be found on Old School Clearinghouse:**

blogs,  
campaigns,  
books,  
videos,  
all inspiring  
and all  
FREE!



<https://prezi.com/view/O1UAA8IFdUygtRpZIHQT/>

# 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  
**NEW!** Melfort  
Moose Jaw  
Moosomin  
Pasqua First Nation  
Ponteix  
Regina  
Regina Beach/Buena Vista/  
Kinookimaw  
Rosetown  
Saskatoon  
Shaunavon  
Strasbourg

## Committee & Staff Activities

- 1 two-hour Gathering and 3 Coffee Hours (Zoom) of communities on the Age-Friendly (AF) journey. Topics: Community Social Media and Websites; Community Directories (particularly focused on the needs of older adults); Age-Friendly Logos & Community Signs; Rural Transportation Dilemmas & Successes.
- 2 Consultations (Zoom) of liaisons (appointed by AF SK Committee to support AF communities).
- Support of 2 communities applying for Provincial Recognition in 2024.
- Continual Revision of the Age-Friendly website.
- Production of 7 editions of the Age-Friendly Saskatchewan newsletter, *The Connector*.  
Archives: <https://agefriendlysk.ca/af-sk-newsletter/>
- Zoom presentations to several potential communities to encourage joining the Age-Friendly movement.
- Actively supporting communities & liaisons on the AF journey through phone/video-calls including peer-peer support.
- Wendy Thienes joined the SSM Staff as the Age-Friendly Communities Staff on April 1, 2024 and Catherine Barnsley moved to a .25 Age-Friendly Resource Development position.

## Committee Work

### The SK Age-Friendly Committee (2023-2024):

Doug Still (Chair), Linda Pratt, Shirley Dixon, Wendy Thienes, Don Johnson, Brenda Curtis, Devona Putland, Éric Lefol, and Catherine Barnsley (Staff) met three times to actively further the Age-Friendly program in Saskatchewan.

**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: <https://www.agefriendlysk.ca>





## Western Age-Friendly Consultation

An enthusiastic group of Age-Friendly staff and volunteers from the 4 western provinces and representatives from the Public Health Agency of Canada met at the University of Regina on October 3-4, 2023. This was the first in-person meeting of these colleagues since prior to the COVID-19 Pandemic. The in-person consultation enables collaborative relationships to be built across geographical borders, mutual challenges and successes to be discussed, and the building of enthusiasm to return to local and provincial Age-Friendly work.

## Research & Issues

The Home Supports Initiative continues to be a focus. This year we have done planning on how to make this an election issue in the upcoming provincial election. This has/will include:

- Home Supports Survey to indicate potential support for this as an election issue and identify the most needed areas for home supports
- Resources with factual information – 3 items focused on Real Options, Better Outcomes, Lower Costs
- October Gray Matters will be a pre-election issue
- Connecting with STS to discuss ways to collaborate
- Refreshing some of our videos and ads to have an election focus
- Publicized the STF Make Noise for Education rally
- Met with NDP caucus members
- Request for meeting with Sask Party

## Survey Results So Far



Do you agree with SSM's position that the provincial government elected in 2024 should commit to establishing a Home Supports Initiative?

**Responses = 1271**

**Yes = 1252**

**No = 10**

Importance of the following services:

- 1 Additional medical and personal care (this was ranked significantly higher than the other services)
- 2 Housekeeping (close in ranking to transportation)
- 3 Transportation to activities, errands and appointments (close in ranking to housekeeping)
- 4 Meal preparation
- 5 Minor home renovations and repairs
- 6 Yard work
- 7 Pet care

The survey also asked about the community the respondents live in. Slightly over half of the respondents are from Regina or Saskatoon. The rest are widely spread throughout the province.

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.

Research and Issues, Age-Friendly and other SSM leaders and staff work closely with Communications.

## Media Advertising

Rather than the 30-second TV ads used last year, SSM chose to invest our media advertising dollars in the ways we found more effective. The advertising we have done with Bell Media and our advertising consultant, Crystal Frei, have been highly effective, with click rates, reactions, impressions and sharing being well above average. We are doing targeted advertising through You Tube, Facebook and Spotify, resulting in a large increase in sign-ups as supporters of Home Supports. For example, 99.17% of listeners to Spotify listened to the entire targeted ad. Currently we have 5426 subscribers for HSI newsletters.

## Other Media Advertising

Meet the All New Sportscape lineup and the new radio play-by-play voice of the Saskatchewan Roughriders



- CKRM Sportscape during the hour before Roughriders broadcast – new 30-sec ad using Hayley Wickenheiser voiced statement.
- SUMA quarterly newsletter
- Weekly newspapers for specific ads (e.g. Celebrating Seniors) plus articles and ads posted in print and on websites

## SSM Owned Videos



Kathy Sebastian

NEW videos

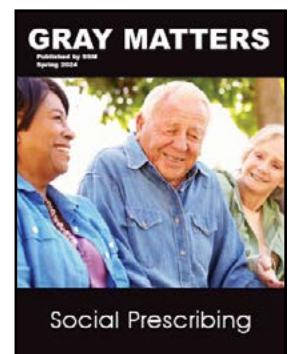
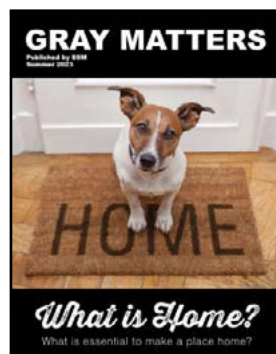


- Introduction to Home Supports – with Randy Dove and Holly Schick
- Lyn Goldman – seeking support as her vision fails
- Hayley Wickenheiser reading her statement of support for SSM, Age-Friendly and Home Supports
- Kathy Sebastian – describes her mother’s experience as a caregiver
- Introduction to Social Prescribing – a 5 minute video for use with medical personnel and community leaders

## SSM Websites and Social Media

SSM websites: [www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca) and <https://agefriendlysk.ca> are repositories of much valuable information. Regular updating and maintenance plus some re-design by SSM staff Beth Stilborn, Kerri-Lee Bray and Catherine Barnsley (for AF website) have made these sites much more attractive and traffic has increased.

## Gray Matters issues:



## 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, Social Prescribing and general information about SSM.

- Superannuated Teachers of Saskatchewan AGM – May 10, 2023
- Saskatchewan Seniors Association Convention – June 15, 2023
- Webinar: The Protective Edge: Vaccines and Healthy Aging by Paraag Trivedi – Nov 7, 2023
- SURF AGM
- Saskatchewan Retirees Association Webinar – December 6, 2023
- Eastview Rotary – Home Supports – December 14, 2023
- Aging in Place (part of Regina Public Library presentation series) – January 18, 2024
- Saskatchewan Medical Association – Section of Retired Physicians (SORP) – Home Supports – January 25, 2024
- Rotary Club of Regina – March 4, 2024
- Social Prescribing Presentations:
  - Allan and District
  - Canadian Social Prescribing Medical Student Collective
  - SCOA Board

## We had displays at the following events:

- Spotlight on Seniors in Saskatoon – Oct 3, 2023
- SUMA Convention – April 2023 and 2024

## We attended and/or participated in:

- Meeting with Lifeline staff – May 2, 2023
- Signing of New Sask Lotteries Agreement – Thursday, May 11, 2023
- Coronation Tea – Saturday, May 13, 2023
- Collaborative Nurse Practitioner Program Advisory Meeting – May 26, 2023
- SPRA AGM – Oct 24, 2023
- STOPS Network Gathering – November 7-8, 2023
- RaDAR Rural Dementia Action Research Summit – November 21-22, 2023
- National Institute on Aging – Aging in Canada Survey and presentation of their report “Insights on Growing Older in Canada” – Jan 31, 2024
- Institute for Research on Public Policy Webinar on Affordability – February 1, 2024
- Canadian Institute for Social Prescribing (CISP) Report “A Healthier Canada” Modeling Outcomes of Social Prescribing in Canada – March 6, 2024
- Nonprofit and Voluntary Sector Studies Network Community Mobilization webinar – February 12, 2024
- Canadian S P Workforce Development Framework Consultation – February 14, 2024
- NAFR 60th Anniversary – February 17, 2024
- Student-led focus group on behalf of the Seniors University Group as part of the U of R Nonprofit Advocacy and Community Development class – February 26, 2024
- CAH Distinguished Lecture and meet and greet “Ageism Unmasked” with Dr. Tracey Gendron – March 7, 2024
- Ongoing meetings with Saskatchewan Health Quality Council as part of our Social Prescribing work
- Monthly meetings of the Public Health Agency of Canada Age-Friendly Communities Reference Group
- CISP Community of Practice and Social Prescribing Leaders Touch Base meetings

## Governance

This year the Board of Directors met five times.

As part of the September Board Meeting and Orientation, we reviewed and updated the SSM Strategic Plan.

Throughout the year, the Governance Committee encouraged other committees to review their mandates and terms of reference to ensure they were up to date. The committees reported this back to the board.



### **SSM Honourary Patron**

**His Honour the Honourable  
Russ Mirasty  
Lieutenant Governor  
of Saskatchewan**



### Saskatchewan's Social Prescribing Initiative



# Social Prescribing in Saskatchewan

A Social Prescribing initiative in Saskatchewan was introduced October 1, 2023, through Saskatchewan Seniors Mechanism. The initiative was possible through a grant from an anonymous donor for three and a half years to allow for the hiring of Community Connectors within communities. The plan for the initiative is to identify 14 communities throughout the province (12 rural and small urban communities and 2 areas within large urban centers) who can deliver the initiative to serve older adults 55+.

The initiative will allow the identified communities to hire an individual who will have a specialized role to initially facilitate the referrals from physicians and primary health care workers for issues related to non-medical needs. This person would be known as the “Community Connector.” The Community Connector would then in turn collaborate with the individual referred to understand their social needs and wishes, then together develop a plan to improve their wellbeing.

A Coordinator for Social Prescribing in the province was hired in October 2023 for the period of the initiative. Rod McKendrick C.M. will provide those services.

Two pilot initiatives in the Town of Shaunavon and Area as well as Moose Jaw and Area were the communities identified to start the initiative, in collaboration with programs such as Age-Friendly Saskatchewan, Home Supports, and Facilitating Independence. Discussions have been ongoing with both communities and excitement has been generated with community organizations and health professionals.



The town council for the Town of Shaunavon saw this initiative as a win-win for all and has signed an agreement with SSM to deliver the Social Prescribing initiative in Shaunavon that started April 1, 2024. A Social Prescribing Steering Committee for Shaunavon will consist of people from various community organizations and the health profession. They will help with identifying community services and activities that the Community Connector can use in collaborating with the individual in developing their health and wellbeing plan.

Moose Jaw and District Senior Citizens Association signed an agreement on April 1, 2024. Moose Jaw also developed a Social Prescribing Steering Committee, made up of persons from various community organizations and the health sector in Moose Jaw and the surrounding areas.

An ongoing partnership agreement was signed between SSM and Health Quality Council Saskatchewan to ensure that data collection and developmental evaluation are part of identifying the strengths and weaknesses of the initiative. This would allow communities to provide evidence-based research to future funders to allow for continuation of the process into the future.



# FACILITATING INDEPENDENCE



## Facilitating Independence Grants

- SSM worked with the Government of Saskatchewan (Ministry of Health), to provide one-time grant funding to organizations to implement projects or initiatives aimed at assisting older adults to remain independently in their own homes and communities. Thirteen grants for Facilitating Independence were disbursed in 2023. Most projects concluded by December 31st, 2023.
- Most of the grant recipients focused 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.
- Based on the success of the 2023 projects, the Saskatchewan Seniors Mechanism (SSM) received funding again, from the Ministry of Health, to learn more about supports that would enable older adults to remain in their homes. These new projects included:
  - Providing low-cost transportation to medical appointments.
  - Translating directories.
  - Dementia friendly supportive living.
  - Expanding the Friendly Calls Program and hospital to home check-in for newly discharged patients.
  - Community navigators.
  - Home repair and maintenance programs.
- The projects that were implemented played a pivotal role in assisting older adults to remain in their own homes and communities, by promoting independence while mitigating healthcare and other costs. Ultimately these projects not only enhanced the quality of life for older adults, but also contributed to the economic stability of our healthcare and other systems.

## Member Organization Consultation November 15, 2024



## News from SSM

We sent out 10 issues of our **News from SSM** newsletter to member organizations. Content includes updates, research reports and opportunities to participate, and upcoming events.



This was held in person for the first time since the pandemic.

### Purpose:

To provide an opportunity for participants to understand SSM's work to promote and support positive aging.

### Discussion and feedback:

#### Home Supports

- How might you and your organization help make Home Supports an election issue in your communities?

#### Social Prescribing

- What might be the benefits, challenges, and opportunities for older adults in Saskatchewan, for SSM, and for SSM member organizations?

## SOCIAL PRESCRIBING – Living Well in Our Communities



Beth Mansell



Mackenzie Heidel



Dr. Sir Sam Everington



Brian Sawyer

### What is Social Prescribing?

Social Prescribing in Alberta – Beth Mansell, Provincial Social Prescribing Project Manager with Healthy Aging Alberta. Beth has participated in many working groups to develop and grow Social Prescribing initiatives across Canada.

Becoming a Health Advocate: The Role of Students in the Social Prescribing Movement – Mackenzie Heidel, Canadian Social Prescribing Medical Student Collective



George Marcoux

### Why Social Prescribing?

Social Prescribing: Saving Lives and Health Services – Dr. Sir Sam Everington MBBS, MRCP, Barrister, OBE, physician in the Bromley by Bow Partnership, London, UK. The Social Prescribing delivered there is part of a network of thousands across the country.

Men's Sheds – Brian Sawyer, Program Manager, Men's Sheds Canada

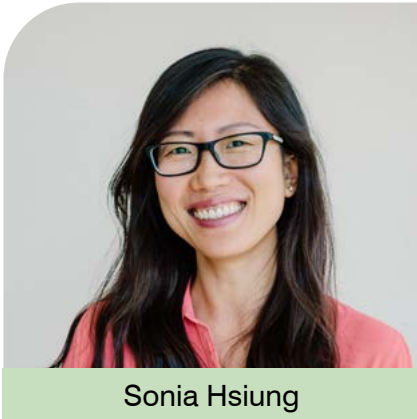
Social Prescribing in Age-Friendly Communities – Wendy Thienes, Shaunavon



Dr. Brenda Schuster

Is it time to review your medications? Social prescribing and safe prescribing go hand in hand! – Dr. Brenda Schuster and George Marcoux, Canadian Medication Appropriateness and Deprescribing Network (CADeN)

May 29 and 30,  
2024 via Zoom



## Social Prescribing in Saskatchewan



### Living Well in Our Saskatchewan Communities

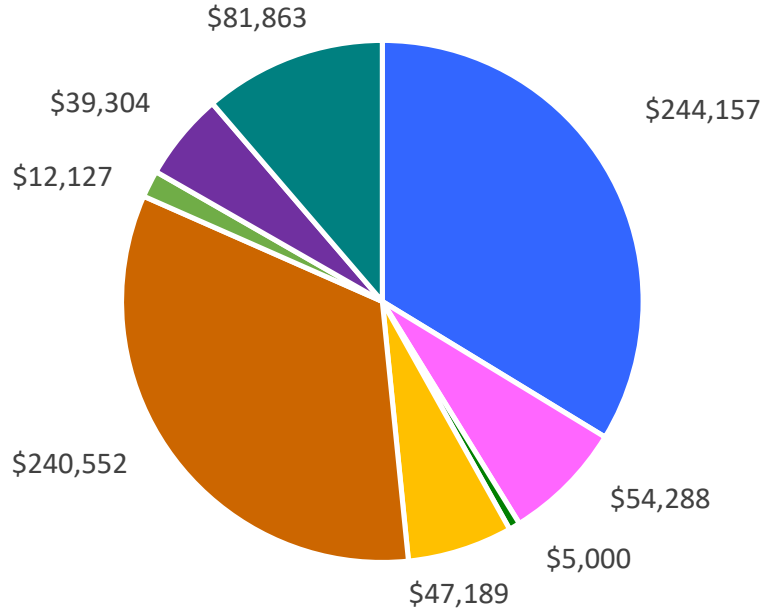
Social Prescribing: Views from Ground Level – Sonia Hsiung, Canadian Institute for Social Prescribing, Community Connector Janice Gunn, B.C. and Link Worker Mary Ann Flett, Edmonton, AB

Thrive at Home: Strengthening Community-Based Care and Supports for Older Adults – Jennifer Wright and Suelen Meira Góes, Saskatchewan Health Quality Council

Social Prescribing Initiatives in Saskatchewan – Rom Jukes, Age-Friendly Moose Jaw and Rod McKendrick, SSM Social Prescribing Coordinator

### Grants Received by SSM 2023-24

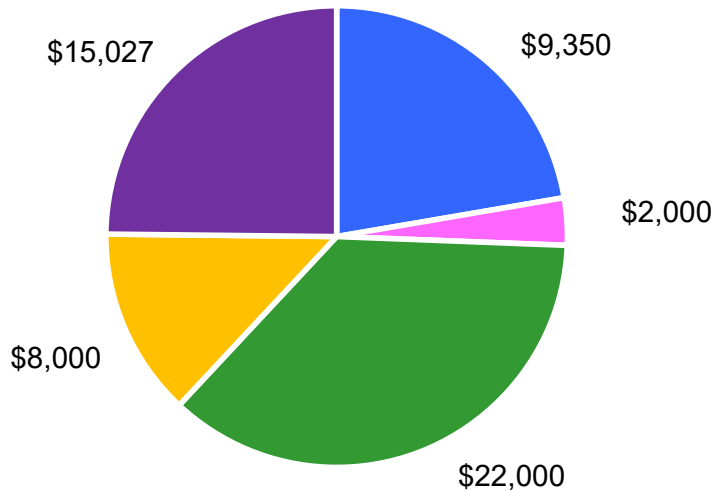
- SK Lotteries Trust Fund/SPRA
- SK Health
- Influenza Awareness
- Seniors Mental Health
- Facilitating Independence
- NH Videoconferencing
- Home Supports (fr Mbr Orgs)
- Social Prescribing



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 2023-24 (funded from SK Lotteries Trust/SPRA Grant)

- Sask Seniors Association Inc
- Moose Jaw & District Seniors
- Saskatoon Council on Aging
- Vitalite 55+
- Saskatchewan Senior Fitness Association



Ex officio – Randy Dove

## STANDING COMMITTEES

### FINANCE AND AUDIT

André Nogue – Chair  
Randy Dove  
Don Gabel  
Shan Landry  
Richard Marcotte

### GOVERNANCE

Randy Dove – Chair  
Don Gabel  
Don Johnson

### NOMINATIONS

Randy Dove - Chair  
Shan Landry

## ADVISORY GROUPS

### COMMUNICATION

Scott Wilson – Consultant  
Linda Gunningham – Facebook  
Positive Aging Group

## PROJECT COMMITTEES

### FACILITATING INDEPENDENCE GRANTS

Shan Landry – Chair  
Randy Dove  
Malcolm Eaton  
Kelvin Fisher

### SOCIAL PRESCRIBING

Shan Landry – Chair  
Kelvin Fisher  
Dennis Kendel  
Jennifer Wright

## PROGRAM COMMITTEES

### RESEARCH

### AND ISSUES

Shan Landry – Chair  
(up to December 31, 2023)  
Randy Dove – Chair  
(from January 1, 2024)  
Gary Boechler  
Ann Donovan  
André Nogue  
Richard Simpson  
Doug Still  
Scott Wilson

### AGE-FRIENDLY SASKATCHEWAN

Doug Still – Chair  
Brenda Curtis  
Shirley Dixon  
Don Johnson  
Éric Lefol  
Linda Pratt  
Devona Putland  
Wendy Thienes

## Thank you

Thank you to all Committee and Advisory Group Members for your diligent work this year! We appreciate all the hours of work and willingness to share your wisdom and ideas.

## OTHER SSM ACTIVITIES



### Declaration of Caregivers Week

Meetings with the **Community Care Branch** of the **Ministry of Health** and with the **Minister Responsible for Seniors**. We also had pre-budget meetings with Minister Makowsky and Minister McLeod on budget day, March 20, 2024.

Requested that March 31-April 6 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 has been involved in planning for and attended a **Canadian Community Based Seniors Services (CBSS) Summit** held in Ottawa in June 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. Holly Schick will be part of an interim advisory council to continue this work following the summit.

We have connected with the **Canadian Medication Appropriateness and Deprescribing Network (CADeN)**. This is a group of clinicians, educators, people with lived experience, policymakers and researchers that work together to produce, share and apply information to promote the safe and appropriate use of medications. Holly Schick is part of their Public Awareness Committee. Shan Landry attended their national meeting in Montreal on November 8-9, 2023.



Shan Landry in Montreal

## OTHER SSM ACTIVITIES



We participated in **Care Closer to Home** and **Thrive at Home** events, an HQC initiative to gather community based organizations, representatives from government and SHA, academic researchers to explore how we might collaborate to bring about action on our common goals to support older adults living in place or “Thriving at Home”.



Connected with leaders of **Men's Sheds Canada** which facilitates men's groups to provide social engagement and community connection for men's health and well-being.

Connected with U of R and other groups on **Artful Encounters**, a project to develop a network among various organizations to facilitate artful encounters between artists and older adults that enrich their lives and health outcomes.

College Park 1 Retirement Residence invited us to their **Wreaths at College Park** evening in November where they auctioned wreaths made by residents and staff with proceeds going to SSM.



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



Ongoing participation 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, and Saskatchewan Parks and Recreation Association.

**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.**