



2013

Awards

Saskatchewan Seniors Mechanism

'Seniors Working Together'

The Saskatchewan Seniors Mechanism (SSM) is a non-profit, social benefit organization that was formed in 1990. The mission of SSM is to bring together Saskatchewan seniors' organizations to contribute to a better quality of life for seniors. This is done by:

- Research and action on issues affecting seniors;
- Being a unified voice advocating for seniors;
- Giving and receiving direction and support to/from member organizations;
- Partnering with member and other organizations; and
- Creating awareness and coordination of resources and services for seniors.

SSM currently has 16 member organizations that, combined, include more than 100,000 seniors throughout the province. Current member organizations include Canada Post Heritage Club — Golden Sheaf Chapter, Fédération des aînés francsaskois, 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 Federation of Union Retirees, Saskatchewan Retirees Association, Saskatchewan Seniors Association Incorporated, Saskatchewan Senior Fitness Association, Saskatoon Council on Aging, SaskTel Pioneers Chapter 59, Senior Power, Superannuated Teachers of Saskatchewan, and Women of the Dawn. SSM also has one supporter organization, the Saskatchewan Association of Nurse Practitioners. SSM offers the opportunity for these groups to collaborate, thereby having a stronger voice and greater impact on issues affecting older adults.

For more information, please visit the SSM website at www.skseniorsmechanism.ca.

One of the SSM's current projects is "Creating Age Friendly/Elder Abuse Free Communities." The Public Health Agency of Canada (PHAC) leads the Age Friendly Communities initiative nationally. In an age-friendly community, the policies, services and structures related to the physical and social environment are designed to help seniors "age actively." In other words, the community is set up to help seniors live safely, enjoy good health and stay involved. Such communities are inclusive of all ages and abilities.

Creating age-friendly communities that are healthy, safe places for seniors overlaps with addressing the risk factors for elder abuse. Many of the same things that build communities that are safer, healthier places for all people will also reduce the risk of elder abuse. Age-friendly communities are places where everyone is respected and valued, and therefore they are places where elder abuse is less likely to happen. The two concepts — prevention of elder abuse and creation of age-friendly communities — are symbiotic ideas.

As the percentage of older adults in society increases, it becomes more and more important to find ways to address issues such as ageism and elder abuse and ensure that the important contributions of older adults to society are valued. In reality, the contributions of older adults are not only important, but also essential to healthy, vibrant communities.

This project is funded by the federal New Horizons for Seniors program.

Award Recipients



Centenarian
John (aka Jack) Boan



Community Leadership (rural)
Michael Wasyl Chorney



Community Leadership (urban)
Jessie Carlson, Gary Carlson



Arts & Entertainment
Joe Bernhardt



Fitness
Margaret Gailing-Stepp



Heritage & Culture
Norma Barr



Lifetime Achievement
Arliss Dellow



Senior Friendly Business
Saskatoon Public Library



Teamwork
Regina Beach/Southey Primary Health Care Team

Photos courtesy of Larry Easton

Champion of
VOLUNTEERS

SaskEnergy is proud to support the Saskatchewan Seniors Mechanism. Thanks to all of the "Celebrating Seniors" Award winners who make Saskatchewan a great place to call home.

