

GRAY MATTERS

Published by SSM
Spring 2025



STRENGTH IN *COMMUNITY*

DISCOVER IT! SPOTLIGHT IT! USE IT!

WE ARE *Stronger* TOGETHER

In the space of only a few short months, the world has increasingly become a place of upheaval and chaos. Yes, there have always been political conflicts, wars and environmental disasters, people taking advantage of others, people making loads of money and people going without the basic necessities of life. But, somehow, it seems that almost overnight these things have grown exponentially and we are faced with major change and disharmony that we have never seen in such a predominant way. I will admit that I am taken by surprise and find myself mourning the predictable way I thought life used to be at its foundations. I know I am not the only one feeling some despair. It is a challenge to try to think of ways that we can either keep our heads down ignoring social media and the news, staying safe in our small worlds of home and work and family or, try to take action attending protests and rallies, writing letters and signing petitions. As I reflect on the dismay and helplessness I often feel as more startling political dynamics are revealed and misinformation abounds, I am trying desperately to cling to some positive hope for the future. And that's where SSM comes in!

I recognize that it is more important than ever that SSM continues to find hope, confidence and support for making our communities stronger and more resilient for older adults. In this time of turmoil, we need to find purpose and vision for a few elements that may make positive aging a reality. Can Age-Friendly communities make a positive difference and make the world better for many across the province? Can challenging ageism result in a universal, equitable approach to respectful interactions amongst all generations? Can Social Prescribing take root and enable all older adults to make connections with vital community resources for support and quality of life?

The answer of course is ...Yes! We believe in these elements as a foundation for improving our lives in Saskatchewan and beyond.



As I read up on the psychology of hope I learned that hope can generate creative thinking and courage, rationale for coping, improvement in mood and ideas for achieving betterment. Why wouldn't SSM champion Age-Friendly communities, eliminating ageism and supporting Social Prescribing if there is the potential for an upside in our daily lives even in the midst of the larger world that seems pretty bleak some days?

This edition of Gray Matters is all about communities and community development. I am convinced that while hope can occur in isolation, it grows and flourishes when you're connected to a supportive and inspiring collective. A community of hopeful people can inspire you by encouraging you in your goals, helping you pivot when you encounter obstacles, or simply by reminding you that overcoming difficulty is possible.

"Big societal issues can feel overwhelming because alone, we can't move the needle, but when we find others who share our story or experience, we collectively form a powerful voice and energy that can influence change," says Dr. Chad Hellman in a January 2024 Psychological Association article entitled "Hope as the Antidote".

As you read the following pages of Gray Matters and learn about different dynamics of community and strengthening community development, I encourage you to see positive aging as a movement that collectively can make our communities and larger world a better place to live, work and play. Hope for positive aging and taking action through vibrant communities may be the panacea we all need to carry on thriving in this challenging world!

Shan Landry

President, Saskatchewan Seniors Mechanism

Published by

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.

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 Union Retirees Federation
Saskatchewan Retirees Association
Saskatchewan Seniors Association Inc.
Saskatchewan Senior Fitness Association
Saskatoon Council on Aging
Saskatoon Services for Seniors
SaskTel Pioneers Chapter 59
Senior Power
Seniors' University Group
Superannuated Teachers of Saskatchewan
Vitalité 55+ Saskatchewan
Women of the Dawn

Supporters of SSM:

Association of Personal Care Home Operators in SK
Eden Care Communities, Regina
Hafford/Blaine Lake Health Advisory Network
Prince Albert Seniors Advocacy Centre
Saskatchewan Association of Nurse Practitioners
Saskatchewan Association of Rural Municipalities
College of Registered Nurses of Saskatchewan

Partner:

Saskatchewan Urban Municipalities Association

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

contents

- 2 **PRESIDENT'S MESSAGE**
- 4 **AGE-FRIENDLY: Strength in Age-Friendly Communities**
- 6 **STAFF CHANGE: Catherine Barnsley**
- 7 **MEMBER ORGANIZATION: Sask Retirees Assoc.**
- 8 **ANNUAL SSM CONFERENCE INFORMATION**
- 9 **MESSAGE FROM MINISTER OF SENIORS, LORI CARR**
- 10 **CYBER SECURITY**
- 11 **MESSAGE FROM SHADOW MINISTER OF SENIORS, KEITH JORGENSON**
- 13 **SOCIAL PRESCRIBING: Strength in Community Needs Collaboration**
- 14 **IN MEMORIAM: Kim Anderson and Christine Boyczuk**
- 15 **THEME: Strength in Community**
- 16 **MEALS ON WHEELS**
- 18 **PRAIRIE HOSPICE VOLUNTEERS**
- 19 **BLOOMING PERENNIAL: Sydna Stilborn**
- 23 **ASK AUNTIE AGEISM**
- 25 **NEW HONORARY PATRON**
- 27 **CENTURY CLUB CORNER**
- 28 **SSAI NEWSLETTER**

All editorial matter published in Gray Matters represents the opinions of the authors and not necessarily those of SSM. Statements and opinions expressed do not represent the official policy of SSM unless so stated.

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<https://skseniorsmechanism.ca/>



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Seniors Working Together



Strength in Community

Discover It, **Spotlight It**, Use It

Saskatchewan communities have been built through the efforts of volunteerism. While the nature of volunteering may be changing, it is still the foundation upon which good things happen. An Age-Friendly community relies on volunteers to bring new ideas and initiatives to life. How can we acknowledge the strength and commitment of volunteers who solidly entrench Age-Friendly concepts and values within the framework of community? We can spotlight it!

Community Recognition

Communities that have been part of the Age-Friendly Saskatchewan initiative and have achieved the following Age-Friendly Milestones can apply for recognition by the Province of Saskatchewan.

Milestones

1. Establish an Age-Friendly Committee.
2. Secure the support of your municipal government.
3. Assess the community, determining where Age-Friendly initiatives are needed.
4. Develop, publicize and implement an Action Plan.

The following Age-Friendly Communities were determined to be ready for Recognition and were recommended to the Government of Saskatchewan for Provincial Recognition. Along with Provincial Recognition comes National Recognition from the Public Health Agency of Canada and communities may choose to seek recognition from the World Health Organization.

- Moosomin 2024
- Shaunavon 2024
- Kipling & District 2022
- Moose Jaw 2022
- Regina 2022
- Saskatoon 2019
- Regina Beach/Buena Vista/Kinookimaw 2018
- Rosetown 2018
- Strasbourg 2018

On December 14, 2022, Age-Friendly Saskatchewan and Age-Friendly Rosetown celebrated Rosetown's attainment of the "Maintaining Recognition" status. They received their initial recognition as an Age-Friendly Community in December 2018 and have been consistently going further and deeper on their Age-Friendly journey since then. They are the first Age-Friendly community in Saskatchewan to receive the "Maintaining Recognition" status, and this is something to celebrate. The status of Maintaining Recognition is unique to SSM and Saskatchewan and recognizes that initial Provincial Recognition is not the destination but an ongoing journey.





Back row, left to right: Roxan Foursha (Councillor), Jan Coffee-Olson (Councillor), Doug Still (Chair, Age-Friendly Saskatchewan), Trevor Hay (Mayor of Rosetown), Darcy Olson (Chief Administrative Officer), Pat Aylward (Age-Friendly member – citizen)
Front row, left to right: Carmen Ledding (Age-Friendly member – Canadian Mental Health Association), Hugh Lees (Age-Friendly member – citizen), Jadwiga Dolega-Cieszkowski (Councillor), Crystal Storey, (Age-Friendly member – Saskatchewan Health Authority)

Business Recognition

Recognizing the value of contributions by the business community to local Age-Friendly initiatives, Age-Friendly Rosetown hosted their first Awards of Excellence ceremony for local Age-Friendly businesses on March 21, 2025. Business of the Year, Employee of the Year and Student Employee of the Year were the inaugural categories. Criteria included: good accessibility; hours of operation; friendly, courteous and helpful; and, above and beyond exceptional service.

Individual Recognition

Celebrating Seniors is an event hosted by the Saskatchewan Seniors Mechanism that aims to recognize seniors from across the province who make valuable contributions to their community. Each year, many of the nominees are involved in Age-Friendly Committees and initiatives where they live.

Locally, we should all take a moment to intentionally ‘thank’ a volunteer for their time and talents and shine the spotlight on those special people who make our communities age-friendly!

This year, National Volunteer Week is April 27-May 3. Resources and ideas on ways to celebrate can be found on the Volunteer Canada website: <https://volunteer.ca/national-volunteer-week/>

Shine the spotlight on strong volunteers!

To learn more about how your community can begin the Age-Friendly journey and assess these areas of focus in your community, please contact the Age-Friendly Saskatchewan Committee through our email: agefriendly@skseniorsmechanism.ca or visit our website at: <https://agefriendlysk.ca/>



**NATIONAL
VOLUNTEER
WEEK 2025**
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3





STAFF CHANGE

*Catherine Barnsley
is leaving SSM*

Catherine Barnsley has gifted our staff and volunteer leaders with her deep interest and knowledge of community development, life-long learning and experience of living in Saskatchewan communities of all sizes. Catherine joined SSM staff in spring of 2020 during the height of COVID-19 and used her creativity and technical savvy to adapt video conferencing (Zoom) and telephone chats into effective, safe and enjoyable community building with the Age-Friendly Communities network. Collaborative teaming with others seems to be part of Catherine's DNA, and staff and committee members relied on her ability to lead and to share leadership within groups. Even though many knew Catherine primarily from a distance, they shared coffee/tea time with her just as pictured here.

We will miss her at SSM but are eager to hear about her next endeavours and wish her the very best for the future!

– SSM Staff

Unfair government services

Having problems with a provincial, municipal or health service in Saskatchewan? **Maybe we can help.**

If you have tried to resolve the issue, but think the result is unfair, contact us. We may be able to help resolve the problem informally or investigate and make recommendations when appropriate. We are independent and impartial, and our services are free.

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MEMBER ORGANIZATION



The Saskatchewan Retirees Association (SRA) is a growing volunteer-led organization of 4,400 plus members. The members are retirees from Government of Saskatchewan ministries, Crown corporations and agencies. The association was formed in 1975 to advocate on behalf of its members for improved pension benefits. That role has continued to be part of the function of the association. In addition to that, the SRA administers a group health and dental benefits plan and facilitates sessions on topics of interest to our members.

2025 is a special year for the SRA as we celebrate fifty years of service to our members. As one of the 50th Anniversary initiatives, the board has undertaken the launch of our Legacy Scholarship program for 2025. These scholarships are designed to support the post-secondary aspirations of SRA family members, with a special focus on studies that improve the health and well-being of seniors.

The Board's decision to fund the Legacy Scholarship Program aligns with the SRA's broader mission of supporting retirees and their families, fostering education, and strengthening the retiree community. Scholarships provide lasting benefits by investing in future generations, ensuring continued growth and knowledge transfer within our community. It is the

hope that this initiative will raise awareness of the SRA and its benefits.

The scholarships will be available to students attending the University of Regina, the University of Saskatchewan, and Saskatchewan Polytechnic. A total of 15 scholarships, each valued at \$5,000, will be awarded—five from each institution. This initiative represents a \$75,000 investment in education and innovation in senior care. Application intake for the Scholarship will begin on June 1, 2025 for the fall semester 2025.

To be eligible, students must first verify their family connection to an SRA member as of December 31, 2024. This is accomplished by visiting our website www.saskretirees.org/members/scholarship-verification-form/ Once verified, students will be provided with a letter of eligibility which they can submit with their application to their chosen institution for the SRA Legacy Awards.

The SRA Board of Directors encourages as many eligible students as possible to apply. We wish you all the best in your studies and future endeavours.

Warm regards,
SRA Board of Directors

Annual SSM Conference – May 21 & 22, 2025 via Zoom



STRENGTH IN COMMUNITY: *We Have What It Takes!*

This Conference will seek to inspire, support and confirm the unrecognized strengths found in Saskatchewan communities both large and small. Information and stories of community realities can provide templates for other communities to move forward in the future.

Participants will hear about community success from another province's 12 years of progress in supporting older adults in a variety of rural and urban communities.

Vignettes and stories from within Saskatchewan communities will describe their step-by-step approach and emphasize how different initiatives all confirm a variety of successes in supporting and maintaining their older adult population.

Each story may describe any one or more of these successes: changes in attitudes, intentional inclusion, collaboration and growing synergy, improved physical infrastructure and most importantly, more well-being and happiness within the community.

For further information
please visit our website:
[https://skseniorsmechanism.ca/
conference-2025/](https://skseniorsmechanism.ca/conference-2025/)



MEMORY CAFE

A SOCIAL AND RECREATION SUPPORT PROGRAM FOR
PEOPLE LIVING WITH DEMENTIA & THEIR CAREGIVERS

WHAT IS IT?

The Memory Café allows participants the opportunity to meet regularly with others who have shared lived experiences, while providing engagement through activity-based sessions in a supportive dementia friendly environment.

WHEN AND WHERE IS IT HELD?

Diamond House
PERSONAL CARE HOME

1st & 3rd Tuesday of each month
1:30 p.m. TO 3:30 p.m.
Diamond House Personal Care Home
700 Ballesteros Crescent
Warman, SK S0K 4S4
☎ 306-955-1300
✉ activity@diamondhouse.ca

The Glen
AT CROSSMOUNT

2nd & 4th Tuesday of each month
10 a.m.-12 p.m.
The Glen at Crossmount
10 Crossmount Road
Crossmount, SK S7T 0X6
☎ 306-374-9893
✉ wellness@crossmount.ca

BENEFITS OF PARTICIPATION

- Increased confidence with social interaction and participating in group activities through mutual support and exchange of information
- Increased opportunity to practice day to day skills to gain confidence without fear of failure
- Opportunities for connection and belonging through an enriching environment to decrease social isolation and feelings of loneliness
- Enhanced overall quality of life
- Meaningful engagement

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The Honourable Lori Carr

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



As Minister of Seniors, I understand living independently in your community and at home is important. It is also a priority for the Government of Saskatchewan. There are a number of programs and services available to support seniors staying in their community and at home as long as possible. Today, I would like to highlight a few.

In Regina, a program called Intermediate Care helps people with chronic illnesses, including seniors, get the help they need to continue living in their community and at home.

Formerly called Seniors House Calls, this program provides home visits to at-risk individuals from a team of nurse practitioners, paramedics, registered nurses, social workers and pharmacists.

Working together, they provide high-quality care to any adult experiencing difficulty accessing health care and in need of an urgent in-home medical assessment, diagnosis, and treatment of acute and chronic conditions. Clients can be referred or can access the service themselves by calling 306-766-6280.

In Saskatoon, the Market Mall Community Centre provides a range of care for adults ages 50 and older. Its specialized care services focus on patients with multiple chronic conditions, mental health issues,

medication-related problems, and other complex care needs. This support helps older adults and seniors live healthy, independent lives and reduces the need for emergency department visits.

The team includes physicians, nurses, paramedics, a pharmacist, mental health nurses, and recreational, occupational and physical therapists. The centre offers services seven days per week, with extended hours in the evening and home visits for those who need it.

Promoting the good health, dignity and well-being of older adults is important to our government.

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

Please feel free to contact my office at:

Email: ministerrhe@gov.sk.ca,

Phone: 306-798-9014 or

Send me a letter at:

Room 208,
Legislative Building,
2405 Legislative Drive,
Regina, SK, S4S 0B3.

Cyber Security Tips for Seniors



Cyber security is the set of practices that you have in place to protect your devices and personal and financial information. Cyber criminals target individuals to gain information that they can exploit to steal money from you.

1 Create unique, strong passphrases and passwords

- Use a passphrase, a series of at least four words and 15 characters in length
- Or use complex passwords with:
 - at least 12 characters
 - upper and lower case letters, numbers and symbols
- Use a different password for every account



2 Limit sharing of sensitive personal information online

Be careful what personal data you share online. Don't provide your birthdate, PIN or any personal or financial information.



4 Enable multi factor authentication (MFA)

MFA uses two or more different ways of verifying that you are who you say you are to add an extra layer of protection for your accounts and devices.

3 Install software updates and patches

Install software updates as soon as they're available for all of your connected devices.

5 Protect your devices

Install anti-virus and anti-malware software on all your connected devices and keep this software up to date.



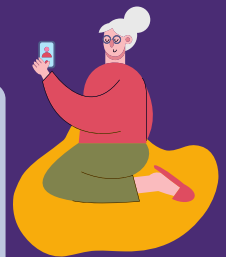
6 Phishing. Don't take the Bait

Phishing is one of the most common tactics that cyber criminals use to steal your information. Phishing messages are often sent as emails, text messages (known as smishing) or phone calls.

Breathe. Phishing messages often pressure or threaten you to respond quickly.

Links: Don't open any link or attachment you're unsure of.

Delete any messages that seem too good to be true, like winning a contest you didn't enter.



Elder Abuse
Prevention
Ontario

For more information

Elder Abuse Prevention Ontario
416-916-6728 | eapon.ca
admin@eapon.ca | @EAPreventionON

RESOURCES

Canadian Anti-Fraud Centre
www.antifraudcentre-centreantifraude.ca
Government of Canada
www.cyber.gc.ca



Seniors Supports

by Keith Jorgenson

My name is Keith Jorgenson and I am the Sask NDP MLA for Saskatoon Churchill-Wildwood but more importantly for you, I am the Shadow Minister of Seniors for the official opposition. As for who I am as a person, I am the lucky father to three wonderful children (Frances, Lily, and Parker), I was previously a teacher for many years, and I am a small business owner of a couple of bakeries in the Saskatoon area. Which brings me to not my most treasured accomplishment but one that left a message I try to carry with me in everything I do. I have the privilege of holding the Guinness World Record for the longest doughnut at around 20 feet long! One thing no one tells you when Guinness sends you the record in the mail is that it comes in a Purolator-like envelope that reads “Officially Amazing” on the outside of it. Saskatchewan is an officially amazing place to live. Saskatchewan throughout its history has set many records: the first public health care system, first labour board, first art board, and first human rights code, making me proud to be a Saskatchewanian.

Unfortunately, we have not been leading lately, especially when it comes to caring for and providing supports to seniors. The wait list for care, for example, are unacceptable. Aging is one of the only certainties in life and yet our government has failed to plan for when Saskatchewanians age. I believe that older adults want and need the certainty to age with a key concept: dignity. Whether it is in long term care, or in your own home, the certainty of knowing that your government will be present enough to provide dignity to the lives of older adults should be a bare minimum.

Preserving dignity is something I have already presented to the legislature during the first sitting in November and December of 2024. The petition that I presented called for home supports for older adults. Not only will home supports ease our healthcare system, but they will also help people stay in their own homes and raise the dignity of our legislation and supports for older adults.

In the coming months I will continue to demand that the issues facing older adults are present and that solutions are needed. If you are at home, in a private care home, or in a long-term care facility, I hope you can count on me to focus on your common issues as older adults no matter where in the province you are from. On that note, I invite anyone to reach out to my office by email at saskatoonchurchillwildwood@ndpcaucus.sk.ca or by phone at 1 (306) 250-1210 and let me know of the concerns and issues that you face as older adults. The SaskNDP and I are focused on a future where older adults are not left behind.





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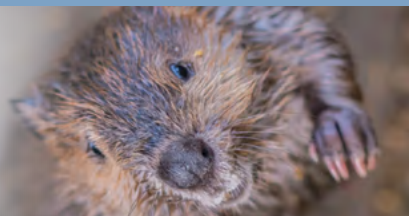
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Who:

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acts that will perform any song from
the 60's & 70's British Invasion

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at 2020 College Dr. (Fieldhouse)
3. OR we can record you.

Length of audition submissions:
10 min max for bands, 7 min max for
individuals; 10 min max for dance
auditions

3. If you're selected you will be notified of the next steps

Submit audition by April 30, 2025



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Celebrating Lives Well Lived



Strength in Community Needs Collaboration

Don't Just Say It. Do It!

In the last number of years, the word “collaborate” has come up in a lot of conversations. We realize that collaboration can be the catalyst for energizing people and building capacity so that the community will build the services that people need.

It has become so easy for an individual or organization to **say they collaborate** with others on assorted topics. However, when one takes a closer look at what the individual has mentioned it is usually a wish to collaborate or wanting to take a step towards collaboration. In some cases that is where the process ends, the organizations or individuals fall back to what they know and continue to work in the silo.

When we truly collaborate it opens up a whole new world of what can be achieved, it can make dealing with problems and issues so much easier. When a group of people in a community work together towards the same end, possibilities are endless.

One agency or one person alone cannot control what happens in an organization or community, it takes many people, it takes a whole community, with various skills and knowledge, to address issues. Agencies or organizations try to take on everything, but in reality, they cannot because mandates or policies do not allow such a process. An individual may require assorted services to address their needs, and that specific organization may not have all that is needed to be able to address all the needs of the individual. This is when **working** collaboratively with

others works to the benefit of the individual with the needs, not the needs of the organization.

When we collaborate with individuals or organizations, we have to keep in mind that a decision that affects an individual or community should not be made by one person or organization. There is a saying that clearly highlights this, “**Never make a decision for them, without them.**”

Think of your own community in which you live. Do you know about everything that happens in the community, and if you needed something would you know what services and programs are available and where to find them? When someone in your community needs help to address a concern, are you able to help them? Your answer may be that you do not have the skill to help in that situation. That is when working with others in your community who have the skills to help makes a difference in the life of another person, and you feel good for having been able to assist in some way.

In a community with Social Prescribing, a Community Connector will know which organizations provide the kinds of services that an individual may need. Residents who share information about the strengths of the community will help spotlight these services and enable others to use them.

Do not work alone, work together!

– Rod McKendrick,
Social Prescribing Coordinator, SSM

In Memoriam

***“What we have done for ourselves alone dies with us;
what we have done for others and the world remains and is immortal.”***

— Albert Pike

The Age-Friendly Saskatchewan community and the wider SSM community were deeply saddened to learn of the unexpected deaths of two key leaders in our work over the years.



Christine Boyczuk,
Moose Jaw
February 10, 2025

Age-Friendly Moose Jaw and the larger Moose Jaw community have lost a long-time supporter and leader. Christine Boyczuk was currently serving as Chairperson of the Moose Jaw Age-

Friendly Committee in addition to many other roles of leadership in the community. She will be greatly missed.



Kim Anderson,
Shaunavon
March 13, 2025

Kim was the Senior Resource Coordinator staff person for Age-Friendly Shaunavon and had previously served as the Chair of the Shaunavon Committee. She was instrumental

in establishing an Age-Friendly Committee for Shaunavon and volunteered with the Shaunavon Courtesy Van and many other community organizations. Her energy and enthusiasm for Age-Friendly work will be greatly missed.

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Strength in Community:

Discover it! • Spotlight it! • Use it!

It is amazing to know that in most communities, large or small, there are “hidden” strengths of which many residents are unaware. These may be discovered when they are needed, but if they go unused, the energy to keep an activity or service in good working order may be lost. Communities that have found ways to communicate their strengths and to build on these will continue to grow stronger.

A strong community benefits individuals, families, organizations and systems. A positive community can help individuals feel connected and increase their sense of belonging. It can provide inspiration and hope in a world of doubt and craziness. Positive communities can increase social bonds and allow for meaningful relationships through people with shared values working together for a common purpose, regardless of the culture etc. A positive community can also affect the social determinants of health; it can result in increased resilience and can have a positive effect on mental health. It can also be beneficial in terms of engagement and advocacy work.

Volunteers add strength to a community. This statement is not a surprise to anyone! Organizations continually seek people who share their objectives to do the work that can make a difference. However, sometimes organizations forget to look outside their usual circle of support and find people with diverse backgrounds and experiences. Diverse populations add a variety of perspectives which can strengthen a community.

Individuals build their inner strength through relationships and connections in their community. Community initiatives that are welcoming and inviting to all and that make the effort to connect with individuals who may be isolated will help address loneliness and exclusion and promote much better mental and physical health. People who are happy and healthy are then able to fuel strong communities by giving back and participating.

– Linda Anderson,
Communications & Ageism Awareness



Connection through Cuisine



Imagine: An Edmonton Meals on Wheels (EMOW) volunteer rings the doorbell of a quaint little home, the lawn freshly cut and the flowers freshly watered. When the door opens, an older woman expresses her gratitude as she accepts the delivery bag from the volunteer. They converse until the clock strikes noon, and the woman moves to the kitchen. She pulls a plate of chilled pork from the bag, her fingers tracing the outline of a sauce which has been hardened by the cold. After placing it in the oven, she inhales through her nose. The air has a warm, woody aroma, with a tinge of sweetness biting at the nostrils.

It is the smell of pork loin with apple and sage gravy, one of the items on the ever-changing Daily Fresh Meal Delivery menu. Chandon Griffin, the Communications and Funding Coordinator at EMOW, tells us about this, our mouths watering as she describes both the food and how it is prepared. “Our chef is a Red Seal Chef, and he makes 95% of everything from scratch,” Griffin explains. “We really believe in making fresh, healthy food affordable. Everyone should be fed, regardless of their situation.”

Edmonton Meals on Wheels has been serving the community since its inception in 1969. There was a

need for their services, as many individuals began struggling with meal preparation as they aged. “It can be so challenging for people with dexterity issues to even open a can,” Griffin says. It was for this reason that the community banded together to deliver fresh, thoughtfully prepared meals to anybody in need, and EMOW has operated its own food production and distribution center since 1988. “We are getting rid of barriers that people may face to accessing nutritious food,” Griffin explains. Diverging away from institutional meals, EMOW instead brings life and flavour by putting creative twists on classic recipes.

Initially run strictly by volunteers, EMOW still relies heavily on volunteer workers because they make the organization’s mission possible. EMOW’s impact goes beyond just physical food. They also nourish mental and social wellness. “Nutrition and connection go hand in hand for mental health,” Griffin says. “Seniors can be very isolated, and social isolation can be just as detrimental as malnourishment.” According to Griffin, some of their clients may not interact with anybody aside from the volunteer drivers, and those moments of connection, even if brief, can make a significant difference in their lives.

EMOW further nourishes the mental wellbeing of their clients by fostering connections through their Friendly Caller Program, in which a volunteer will reach out to call people who simply need someone to chat with. Whether it is updating the volunteer about their day or talking about how they are feeling, a senior who uses this program stays connected to the community.

The desire to foster authentic connection and communication was a significant deciding factor in Griffin’s search for jobs. “I just feel compelled to help people,” she explains. “I love being involved in meeting the people that we serve, and I am so grateful that I can feel and see that we are making



edmonton
meals on wheels

a tangible difference in peoples' lives." Not only does she create visuals that advocate for change, but sometimes she witnesses the impacts of EMOW firsthand. On a typical day, Griffin sits in the office, clicking at her mouse on a design program or typing up emails. However, an occasional shortage of volunteer drivers leads to her being assigned to a delivery route of around fifteen stops.

One summer afternoon, a new address was added to Griffin's delivery route. After travelling to the client's house and visiting with them, she realized that it was the client's first week with Edmonton Meals on Wheels. This person was a part of the Going Home program, in which clients receive two weeks' worth of free meals following a hospital stay, allowing them to focus on recovering as opposed to meal preparation. As the two chatted more, Griffin discovered that it was the person's birthday. "They did not have anyone to celebrate with. There were no family members or friends with them," Griffin recounts. "It really meant a lot to them to meet with somebody on their birthday." Had she stayed in her office that day, Griffin would not have been able to gift that client a friendly visit.

Stories like these illustrate just how impactful EMOW is, and how important they are to the community. They can bring life to your meals, and meals to your life, with an additional helping of connection to go along with it.

Fresh, connected, and delivered!

– Breanne Harrison



Prairie Hospice Volunteers Strengthen Community

The wheels of the car hum as we drive across the bridge, they seem hollow, and they buzz against the pavement. It's the only sound. I'm silent as is my occupant, a client whom I'm driving home from the Cancer Clinic.

She's reclining slightly in the passenger seat beside me, gazing out her left down the river. We've said nothing since she got into my car back at the clinic. I've said very little, just the usual,

"OK, let's get you home."

And that's ok. There is no need for talk. I let my thoughts wander to our other volunteers, also transporting clients around the city to and from appointments, no doubt laughing about the traffic or grumbling about the weather, or silent like the two of us, simply enjoying the comfort of being with each other.

I glide to a stop – the red light glares against the backdrop of a white sky and white park.

"White everywhere," my client mumbles, turning to me and smiling.

"I know... I miss the colours of the fall. Or when the flowers poke up in the Spring..."

"It will come". She turns back to the window.

The light turns and I continue driving – she's back to her own thoughts and I respect that. Cancer treatments take a lot out of a person and sometimes words are the last thing anyone needs. What this client does need today is for me to take care of her by transporting her home, keeping her safe for twenty minutes or so. My presence is just as important as my voice.



I drop her off at home, waiting until she's safely on the sidewalk. She bends over to wave in at me and I grin, giving her a thumbs up. To my surprise, she grabs some snow and lobs it at my window. It splats beautifully. I roll the window down, laughing.

"Hey! Watch it you!!" She giggles and waves again as she walks off. Smiling I flick on my signal light and slide back into traffic. My heart is full, lifted by that moment of joy in the middle of weariness. That connection. That humanity. That strength.

Prairie hospice volunteers and clients embody this humanity and strength during weekly companionship visits, rides to appointments, and grief and bereavement support. This is non-medical, practical, and emotional support for people who live in our community. The mission of our "Hospice without Walls" program is to provide compassionate, community-based, end of life support wherever people call home.

Community connection and community support when our clients need us.





As her 94th birthday approaches, Sydna Stilborn has experienced numerous changes, from growing up in isolation with her two sisters on the Queen Charlotte Islands, (now known as Haida Gwaii), farming in south-eastern Saskatchewan with her husband, Philip, while raising five children, retiring to Fort Qu'Appelle, to moving to a Seniors Independent Living complex in Saskatoon. No matter the location, Sydna has been actively involved with her community, and remains committed to a healthy lifestyle.

Sydna adheres to the adage 'many hands make light work'. That has included such things as instructing 4-H and teaching Sunday School when her family was young, to being involved (until her move to Saskatoon) with the Abernethy Agricultural Society, Hospital Auxiliary, horticultural club, and a local historical society & cemetery committee. This involvement made moving to a new community distant from 'home' a challenge. Sydna framed it as 'I can sit here, or get on with life'. In moving forward, she has indeed embraced life in her new home, figuring out ways to be involved in this community and to continue her passion with horticulture.

Not letting a lack of garden space get in her way, Sydna had her son-in-law suspend grow lights under and above a table in her apartment so she could start seeds in the spring, propagate cuttings of favourite geraniums, wave petunias, coleus, etc., and grow lettuce and tomatoes for daily salads throughout the winter. In winter the window sills are lined with plants and in summer cucumbers grow up the wall of the balcony, while lettuce, tomatoes, peppers, and a few pots of flowers fill the remaining balcony space. She continues to 'harvest' seed from carrots and lettuce to plant the following year. Self-sufficiency was learned at an early age on the island.



Sydna Stilborn



While growing and preserving fruits and vegetables was once a necessity, Sydna still appreciates the nutritive value of 'home grown' and finds it a rewarding pastime. As well, she is able to propagate varieties of flowers that no longer seem available in greenhouses, such as her 'tulip' and 'frilly' geraniums. Family and friends are the ongoing benefactors of her efforts.

Though less involved today, Sydna continues to find ways to volunteer with doing 'I'm OK' safety checks periodically, assisting with care of some of the patio planters, helping a friend with a raised garden bed throughout the summer, and participating in various activities such as song gatherings and walking group as weather permits.

When questioned about her latest transition to her Senior Independent Living complex, Sydna is quick to tout the benefits it has provided in lifting isolation that can set in as one ages and loses a partner – through meeting new people from varied backgrounds, and having easy access to activities. While she says she had wanted to 'stay in her own home as long as possible', moving here has actually allowed her to continue to participate, share her horticultural interests, and importantly, continue her independence. It has opened new opportunities and a new sense of community. Sydna has even found a geranium variety she had not previously encountered!

As it turns out, Sydna continues to live in her own home of her own choice!



Tips to Get Active

> Physical Activity Tips for Older Adults (65 years and older)

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active every day.

1

Take part in at least **2.5 hours of moderate- to vigorous-intensity aerobic activity each week.**

2

Spread out the activities into sessions of **10 minutes** or more.

3

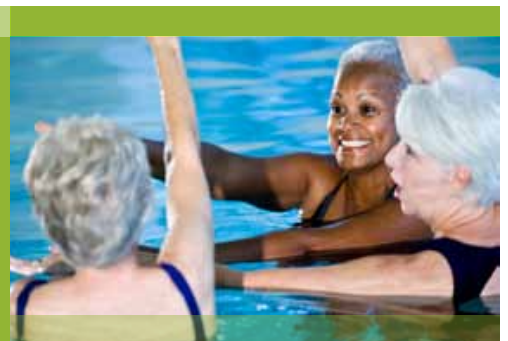
It is beneficial to **add muscle and bone strengthening activities** using major muscle groups **at least twice a week.** This will help your posture and balance.

Tips to help you get active

- ☒ Find an activity you like such as swimming or cycling.
- ☒ **Minutes count** — increase your activity level 10 minutes at a time. Every little bit helps.
- ☒ **Active time can be social time** — look for group activities or classes in your community, or get your family or friends to be active with you.
- ☒ Walk wherever and whenever you can.
- ☒ Take the stairs instead of the elevator, when possible.
- ☒ Carry your groceries home.



- Start slowly
- Listen to your body
- Every step counts



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DO YOU KNOW OF AN OLDER ADULT VOLUNTEER IN YOUR COMMUNITY WHO DESERVES RECOGNITION FOR THEIR CONTRIBUTIONS?

SUNDAY, SEPTEMBER 28, 2025 • CONEXUS ARTS CENTRE, REGINA, SK

10 AWARD CATEGORIES:

- community leadership (urban)
- community leadership (rural)
- community leadership (First Nations or Métis)
- advocacy
- arts & culture
- blooming perennial (90+)
- intergenerational award
- well-being
- education
- older adult friendly business

Nominees must be a 55+ volunteer, reside in Saskatchewan, and actively contribute to their community.

Deadline for Nominations:

Friday, June 13, 2025

How and to whom do I submit my nomination:

1. Email to: ssm@skseniorsmechanism.ca.
2. If unable to email, send to
Saskatchewan Seniors Mechanism,
112-2001 Cornwall Street,
Regina, SK S4P 3X9



www.skseniorsmechanism.ca/celebrating-seniors-2025/

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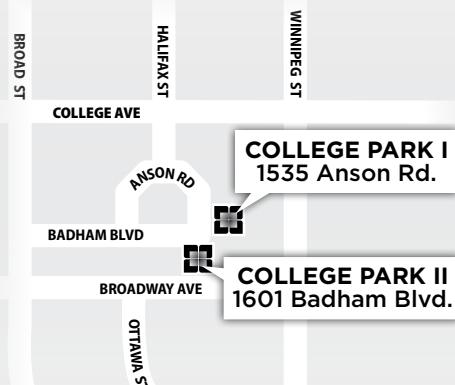
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PROUDLY CANADIAN



Ask Auntie Ageism



Dear Auntie,

I am 72 years old and live in Saskatoon in the house that we bought in 1978. It now has 4 bedrooms, 3 bathrooms and too many stored possessions. So far Dan and I are able to keep up the house and yard work.

Recently, friends came for a visit and Dan and I were caught by surprise when Julia started in about the need for us to sell our house so that “we don’t block young people who need to buy housing now”. Julia said her grandson from Calgary can’t find a house he can afford. He told her that his generation realizes that “old people are taking advantage of the wealth that has been transferred to them while young people bear the burden of looking after them”. He says that younger folks are being locked out of the housing market by selfish older owners who have a vested interest in escalating real estate prices. She mentioned an organization called Gen Squeeze which is fighting generational unfairness.

I went on the Gen Squeeze website and found some creative ideas and information, but an ageist misunderstanding of “housing wealth” as it applies to homes. In 1978 our mortgage was 9.85% – higher than mortgage rates people have been crying about now! Payments took almost 40% of our income. In 1984 we took another mortgage to add an addition to our house – at 12.75%.

I think that it is ageist to blame older people for living in their own home!

Katie

Hi Katie,

I visited Gen Squeeze – a site that emphasizes and clearly identifies problems relating to housing and climate.

There is some ageism contained in the solutions proposed on the site. Assumptions are made about a very large group of older people, 60+ to 100+, with a huge variety of circumstances. These assumptions do not recognize the reality of obtaining and maintaining the home that you describe in your letter. It is difficult to compare housing costs today with costs 40 years ago without comparing incomes and other spending. Today, research shows that enabling older people to live well in the homes they choose is cost effective and health effective.

Assumptions about a large, diverse group of people (e.g. Boomers or Gen Z) invariably reveal stereotypes and ageist understandings about the group. You identified this ageism as it applied to your age group.

There is a hint of ageism toward young folks in “crying about mortgage rates now”. Some of my older friends make ageist comments about ‘monster houses’ built for small families and the number of vacations that seem to be affordable for young people. These statements have a nugget of truth and a lot of assumptions – but both affect housing and climate. Let’s not forget that old people travel too.

I would enjoy a deep policy discussion about the issues you raise – but not in this column. It will be especially important in this chaotic time for all of us to analyze statements made in conversation or publicized in mainstream and social media. Look carefully for evidence and verifiable facts. Please keep considering options for the big problems we face today and please keep talking with your friends about policies – with factual information and respect for opinions.

— Auntie Ageism

*Auntie Ageism highlights how anti-ageism critiques and challenges the ageist attitudes that are prevalent but often unrecognised in our society.
Let’s ALL do our part to challenge ageism.*

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* See clinic for full details.



The Lieutenant Governor is a lifelong volunteer recognized for her extensive contributions to her community. She has been a member of the University of Regina Senate and Board of Governors, the Sandra Schmirler Foundation, and has served on the boards of Curl Regina, Access Communications, the Regina Airport Authority, Queen City Marathon, the Regina Exhibition Association Limited, Active Saskatchewan, Nature Conservancy of Canada Saskatchewan Branch and the Saskatchewan Sports Hall of Fame.

Ms. McIntyre is passionate about curling, both on the ice and as an organizer. For 26 years she served on the board of Regina's Highland Curling Club, where she continues to curl. She was the first female President of the Saskatchewan Curling Association (now CurlSask) and was President of the 2001 Canadian Olympic Curling Trials. Her Honour sat on the Board of Governors for Curling Canada and chaired numerous curling championships in Regina, including the 1998 Scott Tournament of Hearts, the 2006 Tim Hortons Brier and the 2017 Grand Slam of Curling. She was a member of the Grey Cup Festival leadership teams in 2013 and 2022 and in 2018 co-chaired a Ladies Professional Golf Association (LPGA) event in Regina, the first in Saskatchewan.

SSM is very pleased that Her Honour the Honourable Bernadette McIntyre, Lieutenant Governor of Saskatchewan has agreed to be an honorary patron of SSM.

Lieutenant Governor Bernadette McIntyre was installed as Saskatchewan's 24th Lieutenant Governor on January 31, 2025. The Lieutenant Governor grew up in Bethune, Saskatchewan, first on a farm and later in the village, where she attended elementary school. Ms. McIntyre completed high school in the Town of Lumsden and holds degrees from the University of Regina in Economics and Business Administration. She was the Chief Executive Officer at Wascana Centre Authority and held senior management positions with Saskatchewan Government Insurance (SGI). Immediately before her appointment, Ms. McIntyre was a principal in Scoreco Consulting and was Interim Executive Director of Regina's Globe Theatre.

Ms. McIntyre has received numerous awards in recognition of her service, including the Saskatchewan Centennial Medal, the Queen Elizabeth II Platinum Jubilee Medal (Saskatchewan), the King Charles III Coronation Medal, the University of Regina Distinguished Alumnus Award, Curling Canada's Award of Achievement, the Scotties' Joan Mead Builder's Award, the Fred Heal Memorial Award and the Lifetime Achievement Award from Tourism Saskatchewan, and Sport Tourism Canada's Volunteer of the Year Award. In 2023, she was inducted into the Saskatchewan Sports Hall of Fame as a Builder.

The Lieutenant Governor is married to Rich McIntyre, and they have two adult children, Lisa and Shawn.



Communities are built on the strength of their people. From local initiatives to long-standing organizations or a network of neighbours, there are many ways that communities can come together and create positive change. By discovering and sharing what's available, spotlighting the strengths around us and actively using these resources, we can build stronger, more connected communities.



DISCOVER HIDDEN STRENGTHS AROUND YOU

Communities are rich with resources, services, activities, learning opportunities and connections. All of these can support individuals and families in meaningful ways. **Here are some great ways to discover strength in your community:**

- **Explore local directories and community guides** — Many communities have age-friendly directories that highlight available services.
- **Engage with local groups and organizations** — Attend a community meeting, join a social club or volunteer to learn about initiatives making a difference.
- **Talk to neighbours and local leaders** — Sometimes, the best resources are discovered through word-of-mouth. Ask around and share what you find!
- **Use social media and community forums** — Many neighbourhoods have Facebook groups or websites where people share details about local events and opportunities.

TURN ON THE SPOTLIGHT

One of the biggest barriers to community engagement is a lack of awareness. Great programs and services can exist, but oftentimes, they go unnoticed due to lack of word of mouth. **Spotlighting community strengths is a great way to make them shine.**

- **Share information with friends, family and colleagues** — If you come across a helpful service or event, spread the word!
- **Celebrate community achievements** — Whether it's through social media, newsletters or local media, highlighting success stories can inspire others to get involved.
- **Support and recognize volunteers** — Volunteers are the backbone of strong communities. A simple thank-you or a public acknowledgment can go a long way in keeping people engaged.
- **Collaborate with others** — Organizations and individuals can work together to amplify the impact of local initiatives.

TAKE ACTION AND GIVE BACK

A strong community isn't just something we observe — it's something we actively take part in. By using community resources and contributing to them, we create a cycle of strength that benefits everyone. **Here are some great ways to take action:**

- **Join a local initiative** — Whether it's a fitness group, a neighbourhood cleanup or a mentorship program, getting involved strengthens both individuals and the community.
- **Support local businesses and services** — A thriving local economy supports community resilience and connection.
- **Engage in advocacy and civic participation** — Real progress happens when people come together to address issues and push for change.
- **Prioritize well-being** — Social prescribing initiatives and programs that address mental health, loneliness and exclusion help individuals build inner strength, which, in turn, strengthens communities.



A strong community benefits individuals, families and organizations by fostering a sense of belonging, resilience and mental wellness. It encourages engagement and advocacy, ensuring voices are heard. By recognizing and utilizing our communities' strengths, we can create meaningful connections, inspire hope and build a more vibrant and supportive world for all.

Stay tuned throughout 2025 as we feature different areas of Health Literacy

We hope to come along with you as you build your personal Health Literacy toolkit this year. You can also visit us online at www.sk.bluecross.ca/healthysk to learn more.

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Century Club Corner

Community has been important for Century Club members over the years. You don't get to 90+ years without needing the strength and support of people around you as well as the wider community – and without being that strength and support for others.

Sometimes community is seen in brief one-to-one encounters that come when we don't expect them. Like the unknown rider in Albert Murphy's story, we can look for ways to be community to someone else.



Summer grew into fall, to me enjoying growing and all it takes. The day seemed like many others. Everyone was away except younger Sis [Rachel] and I and Mom, but Mom seemed worried more as the day went into afternoon. It seemed to get overcast, cloudy, but it had a smell with it like when we would burn some manure in a tub to keep the mosquitoes away. But Mom kept walking around the barn and other buildings, asking us to watch for smoke or fire. The smoke came closer and heavier. Mom kept moving around back and forward, not saying much, just “do you see any smoke or fire around?” We thought we were a great help just to keep watching. We did not realize what all the smoke was about. Mom’s words under her breath were, like we’d often hear in times of storm and hail (we used to have severe lightning) that the “winds would keep calm, calm.”

Then as the afternoon crept on, a rider on a beautiful horse came out of the smoke, with a uniform that was badly discoloured. He looked very tired. He carried an extra saddle blanket, which was wet and badly discoloured, hung loosely on the side of his horse. Mother went to meet him and his horse at the well. The half barrels were full of water, and he asked if he could water his horse and have a drink. He had red hair, and after he had swung down out of his saddle, he took his circle hat off while knocking some of the smoke and burnt hay off of it.

He turned to Mom for the dipper of fresh cold water, raising it to his lips. I noticed that his eyes were looking over and down the dipper of water toward this prairie girl, who seemed so calm in spite of a young hell burning all around her. Her words were, “be back with a sandwich.” It would be of black currant jam. And as he sipped from the dipper and took a bite of sandwich his gaze wandered from the lady to us kids, the stable, the dense smoke, and back to Mom again, like he had left some home memories of ones like us. His red hair was nothing new to us with 2 brothers and a sister red.

Then he swung into the saddle again and rode down the lane into the smoke. And, as we watched, he turned at the road. As his mount stopped, he waved a goodbye, and said (in a voice that didn't seem to be), so quiet, “bye loves, take care.” He looked into the smoke and rode away toward the big slough and Regina.

– From Albert Murphy in *Century of Memories*, p. 28

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.

Walkathon information for 2025

By now all of our member seniors' clubs should have received the information for the annual SSAI walkathon. If you did not receive a package and are interested in joining in the walkathon, or have any questions please contact me at j.boyer@sasktel.net.

The Walkathon is meant to help us all break out of the winter doldrums and get back to moving. Remember cycling, swimming, bowling and using a treadmill are all acceptable forms of exercise. If there is some other form of moving you do and aren't sure if it is acceptable please feel free to contact me. I will be able to give you the information you need.

The dates for the 2025 Walkathon are April 1st to May 15th. Keep track of all your activities and at the end of the six weeks remit your information to the event coordinator who will tabulate the results. Club totals must be in no later than May 25th. Remember, all the winning results will be posted on our website and announced at the convention in June where certificates will be presented to the winners.

We will see you at the convention and until then happy moving. – Joan Boyer

SSAI Literary Challenge



Write a HAIKU poem and submit it to SSAI [info@saskseniors.com] by April 30, 2025 for a chance to win a free SSAI membership.

A Haiku is a simple poem which originated in the 17th century in Japan. Although they usually refer to nature, the only real rule applies to the number of syllables in each line, so you can let your imagination run wild with this one.



Haiku Characteristics and Rules

- 3 lines
- Line 1 contains 5 syllables
- Line 2 contains 7 syllables
- Line 3 contains 5 syllables

> *Here's an example of a Haiku*

Watrous Seniors Recreation Club

The Watrous Seniors Recreation Club kicked off 2025 with an afternoon of activities, fellowship and food. The Bowling Alley was the start of the fun, with members bowling, playing cards and shooting pool. When the activities ended everyone went to the Senior Centre for a supper meal of Chinese food provided by Chen's Restaurant. During the supper, attended by 54 members, Life Members were recognized for their contributions to the club's success over the years. Our Life Members are Lorne Bradbeer, Rudy Gross, Maggie Chamney, Merv Chamney, Fred Kahlert, Roy Crawford, Joyce Henryk, Harold Kalynovich, Freida McWillie and our newest lifer, Norma Hutchinson who was presented her certificate. For more information about the Watrous Seniors Recreation Club please contact Earle Amendt at 306-946-7711 or Betty Carlson at 306-946-2400.

The following is a poem written by Marj Hislop (a member of Shellbrook Senior Citizens' Co-operative Club) and her late sister-in-law, Ann Carter, sometime around 1970.

What Is a Mother?

If you want the definition of a word I have been told
 You turn to Mr. Webster or to Oxford bound in gold
 Now let us say the word we want the meaning of today
 Is really quite a simple one. Why look it up? You say.
 I want the definition of a Mother, don't you see
 So we will know if she has been all she's meant to be.
 The volume known as Oxford describes a mother as so
 A female parent, source of life (as though I didn't know)
 I do not wish to contradict a source so widely known
 But I would like to give a meaning of my own
 The gift of life she gave us, to that I will agree
 'Tis sure enough, without her, not a one of us would be
 In thinking of my childhood, I know the roles she played
 A farmer's wife with children, seven, she mastered every trade.
 A nanny, cook and seamstress, a laundry maid and nurse
 A teacher of life's principles, of song, and dance and verse.
 A gardener growing everything to fill the shelves once more
 And just to beautify the earth, her flowers round the door.
 A dairy maid, a carpenter, a friend and neighbour true
 A feeder of small Chick-a-dees or any bird would do
 She felt at home upon a horse and drove a buggy too
 She knew the art of caring for the yearly threshing crew.
 She milked the cows and churned the cream and sold the butter pounds
 She always made a purchase from the Rawleigh Man on rounds.
 Sometimes in her days work, a vet she had to be
 A runty little piglet by the stove you'd often see
 Some chilly baby chickens weren't doing so very well
 Or a horse or cow was introduced to "Good Old Doctor Bell"
 A trapper when the need arose, a mole was raising Cain
 A butcher of the chickens and the turkeys without pain
 A canner and a preserver of the finest meats and fruit
 A cleaner and a polisher of stove pipes filled with soot
 A referee, a sounding board when conflict came along
 A strict enforcer of the law, when we'd been in the wrong
 She sometimes said she'd never had the greatest education
 In years of school that may be fact but without hesitation
 I'd say to her, and mothers all "What college do you see
 That teaches all the many things a mother has to be?"
 There are no halls of learning where skills like these unfold
 There is no graduation, no certificate to hold
 It comes with time and courage and a need to carry on
 With faith in God and patience and hard work from dawn to dawn
 It comes with always giving much more than you receive
 It comes with optimism and the strength to just believe
 And as my definition of a mother has to end
 I gratefully dedicate this to our mothers, they're our friends.

An update from the SSAI resolutions committee

At the SSAI convention in June 2024, delegates discussed resolutions on the following topics: Shingles Vaccine, Supplies for Diabetics, Federal Dental Plan, Seniors housing.

The resolutions committee met on Oct 23, Nov 27, and Feb 5 to discuss their research on these topics and prepare advocacy letters.

SSAI has received resolutions on the topic of **Shingles Vaccine** each year dating back as far as 2017. After several years of advocacy and sending letters from SSAI to provincial health ministers, MLAs, and opposition critics, there has been no progress on this issue and our calls for change have largely been ignored. If seniors are serious about wanting our government to provide funding for shingles vaccines for seniors, then we need a stronger voice – **we need more seniors to take action and voice their concerns to their local MLA, health minister, minister for seniors, and our Premier.**

On the resolution topic of **funding for Diabetic supplies**, Bill-C64, An Act Respecting Pharmacare, received Royal Assent on October 10, 2024, and the Ministry of Health said it is now focused on reaching bilateral agreements with provinces and territories to implement the first phase of its national pharmacare program, covering access to contraception and diabetes medications. We must advocate for our provincial government to work with the federal government to implement the national pharmacare program including coverage for diabetes medications.

The Canadian Dental Care Program has been evolving over the last year. On the resolution topic of improving coverage, SSAI has decided to advocate for revising the eligibility criteria and the inclusion of a coordination of benefits so that individuals who pay for private insurance would be eligible for the CDCP to cover the portion of dental expenses that are not covered by their other insurance plans. There was also concern about dentists initially not participating in the program, but the federal government has been working to make it easier for all dentists to provide the CDCP coverage. Oral health professionals play a vital role and their participation in the CDCP is voluntary.

There were several resolutions presented on the topic of housing options for seniors. The resolution committee has deferred these resolutions to our convention planning committee. At our upcoming convention June 11-12, 2025, we plan to have a discussion panel on the topic of seniors housing. We encourage you to attend the convention to participate in this conversation.

Your voice matters! We can't do it without you! SSAI will be sending advocacy letters on the topics listed above. We have also prepared advocacy letter templates for you to personalize and send on your own. Clubs may also want to revise the letter template and submit a letter on behalf of your local seniors with signatures from all of your supporting members. For more information...

Visit the Advocacy section on our website: saskseniors.com/wp/advocacy/



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.

Register now for SSAI Convention

This is a great opportunity for people to learn more about SSAI, network with others from around the province, and to attend presentations on a wide variety of topics.

**Saskatchewan Seniors Association Inc.
will be hosting their Annual Convention**

June 11th and 12th, 2025

Travelodge, Saskatoon

FEATURING: Interactive/Engaging Speakers & Presentations
50/50 Draws · Silent Auction · Socializing · Walkathon update · Club Reports
Resolutions · Nominations · Networking · AGM Elections · Banquet
with live music & entertainment by Country Roads – Mike & Paulette Haws

Everyone is welcome to attend! Registration is required.

- Registration Fee is \$80/person to attend in person –
Includes: 2-day convention, coffee, lunches, snacks, Banquet/Social/Dance.
- For those unable to attend in person, Watch video presentations on our website after the event.

SSAI members in attendance at the convention who are in good standing and have paid membership fees are entitled to vote at these meetings and may run for vacant offices.

We have planned a full and exciting schedule of speakers on topics of interest to seniors:

Learn more about SSAI, downsizing, housing options for seniors, mental health, Forever in Motion, Alzheimer society, Saskatchewan Seniors Fitness Association, and more! Based on your requests and feedback, we're also offering two interactive workshops with facilitated discussions on club programming and club management. Share your best ideas and burning questions – take new ideas and tips back to your clubs.

Tentative Schedule:

Wednesday, June 11, 2025

- 8:30-10AM: Sign-in and introductions
- 10AM presentations/speakers
- Noon Lunch
- 1:00-4:30PM: more presentations/speakers
- 6PM Banquet, socializing and networking

Thursday, June 12, 2025

- 9AM – Noon: presentations/speakers
- Noon Lunch & Raffle Ticket Draw
- 1PM – 4PM more presentations, Resolutions, SSAI Elections, Swearing in Officers
- 4PM Meeting for SSAI Executive, Directors, and Coordinators

For more information: Visit our website saskseniors.com

Or contact: Shannon Wright, Secretary/Treasurer Phone: 306-493-3023 • Email: info@saskseniors.com



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