



2025

ANNUAL REPORT





*Older
Adults
Moving
Forward*

SSM Board

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Saskatchewan Retirees Association

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Seniors' University Group

Superannuated Teachers of Saskatchewan

Vitalité 55+ Saskatchewan

Women of the Dawn

SSM Supporter Organizations

Association of Personal Care Home Operators in SK

College of Registered Nurses of Saskatchewan

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

SSM Partner

Saskatchewan Urban Municipalities Association

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MESSAGE FROM OUR PRESIDENT & EXECUTIVE DIRECTOR



Shan Landry
President

Older adults moving forward seems an appropriate description of SSM this past year. Our social prescribing initiative is now in full swing, our age-friendly initiative continues to gain momentum, and we are finding new ways to further our home supports initiative. This is in addition to all the ongoing work in many other areas.

This year we have been looking at how we can better understand and express the big picture of our work and how it all fits together. This has led to some very thoughtful and energizing conversations in various groupings and at the board. The conversations are ongoing.

As we look at what SSM does, we are working within a context in which ageism is embedded in our society. Our overall work is advocacy for “Quality Life for all Older Adults in Saskatchewan”. Age-Friendly Communities can be seen as the overarching framework for our work, all aspects of which involve community development. In the coming year, SSM is planning to advance age-friendly through the new SUMA governance structure.



Holly Schick
Executive Director

We agreed to be part of the Saskatchewan Health Quality Council’s Thrive at Home. This initiative “aims to strengthen community-based care and supports for older adults so they can thrive wherever they call home”. This enables us to continue our work on home supports collaboratively. Several SSM volunteers and staff have participated in the various meetings and presentations that are part of this initiative.

This year Thrive at Home set up ‘action hubs’ to strategize and pilot initiatives in three key areas – transportation, navigation, and home supports. One of the goals in home supports is to secure funding for two pilot initiatives to put in place a community coordinator to connect older adults with the home supports services. This is based on the way some of the ‘Better at Home’ work (which includes community coordinators in communities throughout BC) started and would demonstrate how this could work in our province.

We continued to meet with provincial government to raise awareness of concerns related to older adults, and collaborated with them on the facilitating independence grants to pilot community home supports initiatives.

Our SSM team of board members, staff and other volunteers is a particularly good combination of people who are committed to and energized by our work. It is an exciting time to be part of SSM.



*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



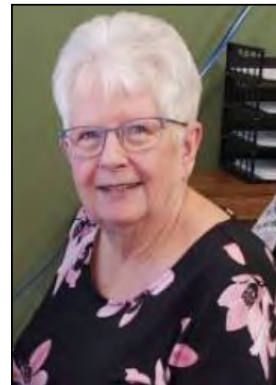
SSM Staff



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



The Century Club in Regina enjoyed two events in recent months: at a Robbie Burns Celebration in January, 102-year-old Century Club member, Jean Thomas, read two of Burns' poems, which made the program extra-special. In May, the group gathered to reminisce and sing about their school days and had an A+ time.

We're trying to involve Century Club members in areas outside the major centres by sending them a special newsletter with conversation starters for coffee hour gatherings, or even telephone chats.

We are always happy to welcome new members!

- 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.

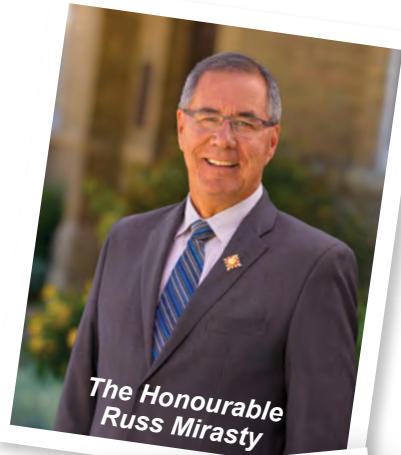






Celebrating Seniors

Volunteer Awards 2024



On September 29, 2024, 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. Barbara Byers was the MC for the evening. Our Honourary Patron, The Honourable Russ Mirasty, Lieutenant Governor of Saskatchewan, was in attendance to bring greetings and assisted in handing out awards. Greetings were also presented by SSM President Shan Landry. Elder Lorna Standingready offered a blessing. After an excellent buffet supper, guest speaker Gursh Barnard, CEO of The Executive Studio, portrayed the importance of volunteers through the elegant reference to the poem, "The Dash" by Linda Ellis. Chris Henderson provided entertainment.



Community Leadership (Urban)

Bruno Konecsni*
Clyde Boucher
Sharon Siuksteris

Community Leadership (Rural)

Darlene Kidd*
Brian Blaney
Carol Oleksyn
Glen Thompson
Nancy Bonyai
Tannis Schermann

Blooming Perennial (90+)

Wilma Mollard*
Doreen Kerby
Evelyn Sundet
John Leonard

Intergenerational

Lucy Jackson*
Joan Jackson*

Well-being

Flo Lavallie*
Deb McInnes

Education

Kerrie Strathy*

Older Adult Friendly Business

Blackline Mobile Tire /
Pete Gunther*
Canadian Tire / Gord Kavanagh
Venvi Renaissance
Retirement Residence

Arts and Culture

Blaine Filthaut*

Advocacy

Murray Scharf*
Renee Nunan-Rappard

* Designates the Award Recipient



Planning is underway for the 2025 Celebrating Seniors event which will occur on Sunday, Sept. 28, 2025, at the Conexus Art Centre in Regina.

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.

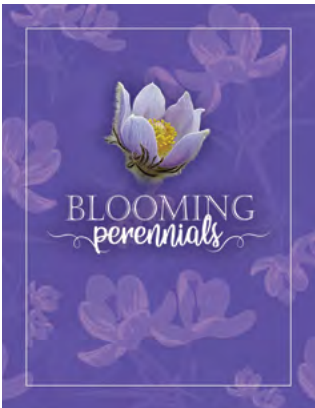
Blooming Perennials

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 every year, but given proper conditions, good soil and nutrients, they can bloom for decades.

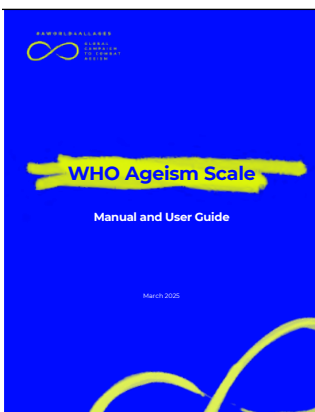


List of BP's in 2024-2025

Lorraine Harkness
Sydna Stilborn
Wilma Mollard
Debbie McCulloch



SSM published this 32 page magazine including all perennials from 2019 to 2024. It features excellent design work by graphic staff, Kerri-Lee Bray, with sorting and editing by Beth Stilborn and Linda Anderson. We did a limited run of 500 copies and use them at various occasions and displays.



The WHO Ageism Scale – a new way to measure ageism

Linda Anderson registered for the March 2025 introduction of this scale and has access to the materials. The scale is well-designed. In our context, using the results for group discussion in person or via Zoom will be another way to mutually understand its presence and effects.

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.

Nuggets From Auntie:

"Your questions about the young person who lacks experience are real but perhaps her age leads you to undervalue her strengths. Ageism goes in all directions."

"I'm old, I don't want to do that anymore. I don't need to bother with that – it's for younger people. Nobody cares whether an old person comes to the party. These excuses may be based on internalized ageism, a belief that one becomes incompetent and useless with age."

"It's internalized ageism, taught by example for years, that results in a person seeing older people as "other", a weak and bothersome drag on society. Even worse, older people can carry that understanding deep within themselves."

AGE-FRIENDLY SASKATCHEWAN

Age-Friendly 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 the Age-Friendly Journey

There are 19 Age-Friendly communities in the province. Thirteen of those communities are actively engaged in the Age-Friendly Saskatchewan Network, and we continue to inform and provide support to all the communities on the Age-Friendly journey. SSM is actively working to increase the number of Age-Friendly communities in the province.

Committee & Staff Activities

- 1 — **One Age-Friendly Brochure** was updated with a new tag line: “Creating Vibrant Communities for All”
- 2 — **Two communities** received Provincial Recognition from the Government of Saskatchewan in 2025: Moosomin and Shaunavon.
- 3 — **Three opportunities to participate in provincial conferences:** SUMA Convention and Saskatchewan Libraries Association Conference with an exhibitor booth at both and made a presentation at the SLA Conference and at the Canadian Association of Retired Teachers Association meeting in Saskatoon.
- 4 — **Four communities** are beginning or refreshing their Age-Friendly journey including Melfort, Porcupine Plain, Star City and Humboldt
- 5 — **Five Volunteers** currently serve on the Age-Friendly Saskatchewan Committee: Don Johnson (Chair June-February), Linda Pratt (Chair March-present), Brenda Curtis, Éric Lefol, Elaine Britton and Joyce Hoffman. Catherine Barnsley, Age-Friendly Communities Staff retired at the end of March and Wendy Thienes moved from a part-time to full-time role as Age-Friendly Communities Staff on April 1, 2025. Special thanks to outgoing members: Doug Still, Devona Putland, Shirley Dixon and Don Johnson.
- 6 — **Six Coffee Hours** (via Zoom) of communities in the Age-Friendly Network Topics: Meet & Greet new Staff/Chair and sharing “One Great Thing”; Building Relationships with Elected Officials; Data Collection Tools & Evaluation; Let No One Be Alone Week/Social Isolation & Loneliness; Intergenerational Opportunities; Volunteer Recognition
- 7 — **Seven Ways** that the Age-Friendly Saskatchewan Committee helps foster the growth of AF Communities:
 - Providing information and resources
 - Facilitating community consultations
 - Assisting communities in their Action Planning
 - Working together to promote Age-Friendly
 - Introducing Age-Friendly to new communities
 - Hosting provincial events (often by Zoom) to bring local committees together
 - Managing the Age-Friendly Recognition process
- 8 — **Eight editions** of the Age-Friendly Saskatchewan newsletter: The Connector. Archives: <https://agefriendlysk.ca/af-sk-newsletter/>

WESTERN AGE-FRIENDLY CONSULTATION



Western Age-Friendly Consultation

Age-Friendly staff and volunteers from the four western provinces met in Regina on April 9 & 10, 2025 to explore the theme of 'Fertile Ground for Age-Friendly'. The theme of Fertile Ground seemed appropriate for Western provinces where agriculture plays such a prominent role, shifting that perspective to how provincial Age-Friendly movements could provide fertile ground for the growth of Age-Friendly communities in their jurisdiction.

Participants came from BC Healthy Communities, the Government of Alberta, Age-Friendly Cochrane, members of the Age-Friendly Manitoba Resource Team and SSM and the Age-Friendly Saskatchewan Committee, along with a representative from the Public Health Agency of Canada. Small group work and discussion among all participants led to relationship building, networking, sharing of ideas and recognition of areas for collaboration among provinces and across Canada. Key themes included creating broader awareness of Age-Friendly, how to work with Indigenous communities, how to combat ageism, how to better support communities throughout the Age-Friendly journey, collecting and analyzing data and working with stakeholders including all levels of government.



To learn more about Age-Friendly: www.agefriendlysk.ca

Research & Issues

The Research and Issues Committee has not met regularly this year. Following some work on raising awareness of the home supports initiative during the provincial elections, discussions have occurred at SSM about topics and potential new directions for the Research and Issues Committee.

SSM discussions have been considering how we can sharpen our focus and integrate our efforts with the many top priority topics being pursued at the present time. Age-friendly, home supports and social prescribing are primary initiatives that are utilizing most of the resources at SSM.

With the activities around many issues that are quite fluid at times, meetings have been a lower priority. In the coming year, the Committee will schedule a meeting to discuss the direction and potential areas for more future focused research.



We created small fold out cards on the various aspects of our Home Supports Initiative to be used during the provincial election. They were meant to generate conversation with candidates.

The purpose of SSM communication is to find creative and effective ways to reach and engage various audiences, including member/partner organizations, allies, governmental agencies and general public, with a focus on our advocacy efforts arising from our vision of quality life for all older adults in Saskatchewan.

SSM volunteer leaders and staff work closely with communications staff to create high quality, accurate, attention-attracting resources and distribute them through SSM channels as well as print, digital and social media. In 2024-25 we have intentionally used themes to coordinate our communications outreach.

Media Advertising



- Bell Media advertising was highly successful, with click rates, reactions, impressions and sharing being well above average. We did targeted advertising through YouTube, Facebook and Spotify resulting in 6633 sign-ups for Home Supports and its Newsletter. Two factors that are leading us to other media possibilities are the costs of this advertising plus the departure of trusted consultant, Crystal Frei, to another employment opportunity.
- Rider Radio Sportscape CKRM. We have a 30 second ad, SSM tag during the pre-game show. The ad focuses on Age-Friendly communities as attractive places to live.
- SaskToday! Offers ads on their news website – a click on a pop-up ad leads to the page on our website that gives more information. Ads for 2025 Conference and Celebrating Seniors nominations were published in May.
- Newspapers – daily or weekly – used for specific ads e.g. Celebrating Seniors as well as general information op-ed articles and ads, usually in a “Seniors Section”
- SUMA quarterly newsletter
- SSM owns several videos that are still relevant and relating to Home Supports.
- In 2024 with funding from Blue Cross, we produced a 5 minute video introducing Social Prescribing. It has been well-received and used in other social prescribing networks.
- Conference Speakers Zoom videos – on website for each year, including several for 2025!



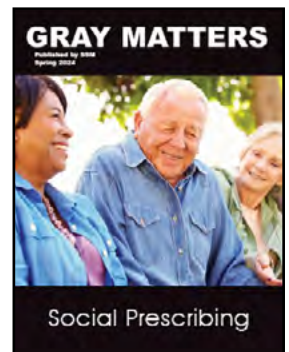
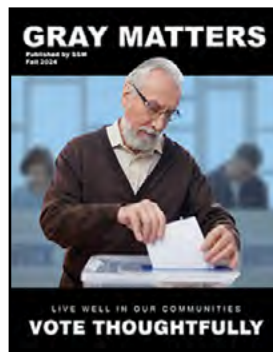
Videos



SSM Websites and Social Media

SSM websites www.skseniorsmechanism.ca and <https://agefriendlysk.ca> are repositories of much valuable information. Regular updating, maintenance and design improvements by SSM staff Beth Stilborn, Kerri-Lee Bray, plus Catherine Barnsley and Wendy Thienes (for AF website) refreshes and makes these sites more attractive and accessible.

Gray Matters 2024-25 Issues:



Presentations we made:

Some of these had a specific focus while others were about a variety of aspects of SSM work, including information on Ageism, Age-Friendly Communities, Social Prescribing and general information about SSM.

- NDP Caucus re: Home Supports – April 9, 2024
- Saskatchewan Seniors Association Convention (Social Prescribing) – June 13, 2024
- National Association of Federal Retirees Supper – October 7, 2024
- Webinar: The Protective Edge: All Things Vaccine from Flu, to Covid, to Travel by Paraag Trivedi – October 23, 2024
- Personal Care Workers Class (Ageism) – November 6, 2024
- Melville Superannuated Teachers – November 7, 2024
- Joe Lomas Breakfast Club (Ageism) – March 20, 2025
- Sask Libraries Association Conference (Age-Friendly) – May 8, 2025
- Presented at ACER-CART Conference (Age-Friendly) – June 10, 2025

We had displays at the following events:

- Spotlight on Seniors – Oct 8, 2024
- Saskatchewan Association of Nurse Practitioners Conference – Nov 15-16, 2024
- SUMA Convention – April 13-15, 2025
- Sask Libraries Association Conference – May 8, 2025

We attended and/or participated in:

- HQC Thrive at Home Event – April 29, 2024
- Collaborative Nurse Practitioner Program Advisory Meeting – May 6, 2024
- National Community Based Seniors' Services Event – June 2-5, 2024
- Seniors University Group AGM – June 7, 2024
- Queen City Pride Parade – June 15, 2024
- Meeting with SPCA Executive Director – June 21, 2024
- Launch of Age-Friendly Regina website – September 25, 2024
- STOPS to Violence AGM – September 26, 2024
- International Social Prescribing Conference – September 26-27, 2024
- Sask Parks and Recreations Association AGM – Oct 24, 2024
- Interview as part of National Association of Federal Retirees research on governance – January 10, 2025
- Federal Government Roundtable on Advance Requests for Medical Assistance in Dying (MAID) – January 15, 2025
- HQC Thrive at Home Event – March 5-6, 2025
- From Evidence to Action: The Role of Social Prescribing in Health Systems – March 17, 2025
- Building Integrated Care: Diverse Approaches to Social Prescribing in Canada – March 19, 2025
- National Institute on Aging, Social Inclusion Focus Group – April 1, 2025
- Sask Parks and Recreations Association Grants Info Session – April 8, 2025
- Framework for Recreation Update - Older Adult Focus Group – April 15, 2025
- Healthcare Excellence Canada, Care Forward – May 13, 2025
- Age-Friendly Shaunavon Wellness Day – May 15, 2025
- Community Based Seniors' Services sector consultation – May 26 (in person); May 27 (virtual)
- Regina Partnerships for Positive Aging meetings
- Ongoing meetings with Saskatchewan Health Quality Council as part of our Social Prescribing work
- Meetings of the Canadian Community Based Seniors' Services Interim Leadership Council
- Meetings of the Canadian Medication Appropriateness and Deprescribing Network Public Awareness Committee
- Monthly meetings of the Public Health Agency of Canada Age-Friendly Communities Reference Group
- Canadian Institute for Social Prescribing Community of Practice

Governance

This year the Board of Directors met five times.

The Governance Committee has responsibility to review requests to become member organizations and make recommendations to the board regarding these. There were two requests this year that the committee dealt with.

This year the membership and supporter application forms were updated.



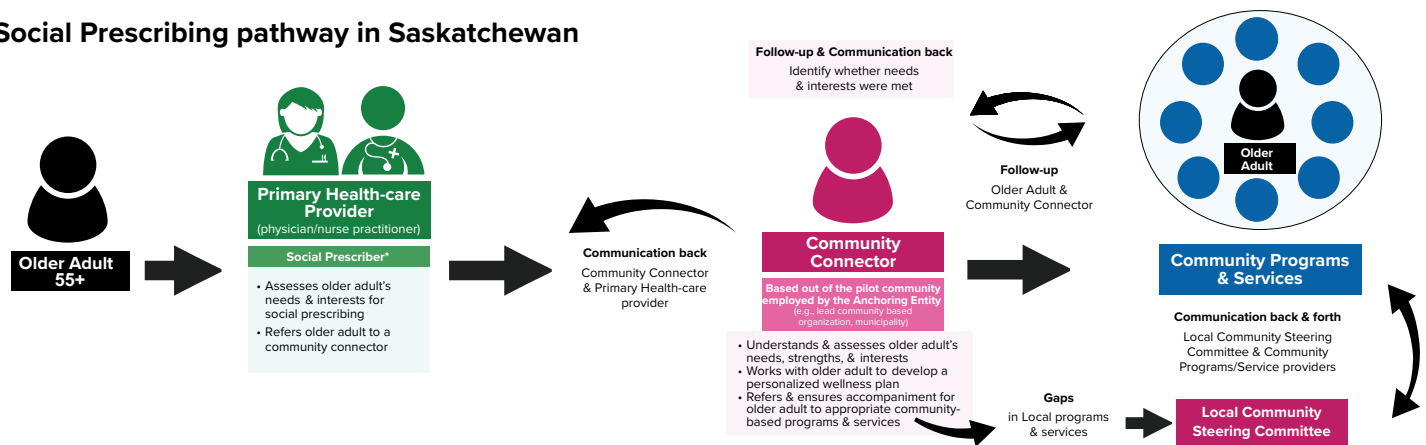
**SSM
Honourary
Patron**

**the Honourable
Bernadette McIntyre,
Lieutenant Governor
of Saskatchewan**



Saskatchewan's Social Prescribing Initiative

Social Prescribing pathway in Saskatchewan



The initiative for Social Prescribing in Saskatchewan has been ongoing since October 2023. The plan is to develop fourteen community initiatives, two of those will be in areas with urban centres. Since April of 2024 Saskatchewan Seniors Mechanism (SSM) has been busy in identifying communities that would be amenable to setting up such an initiative, with financial support from SSM.

Social prescribing is a form of community health practice supporting healthcare professionals to connect patients with local, non-clinical services. Social prescriptions are sent to the local “Community Connector” who collaborates closely with the client to develop their personal health and well-being plan.

Health extends beyond purely medical considerations. These are commonly referred to as the Social Determinants of Health:

Healthcare access, finances, housing, community and social context, employment, physical health, and physical environment.

Social prescribing addresses an individual’s needs in a holistic manner. In April 2024 we looked to the communities of Shaunavon and Moose Jaw as pilot projects, to get a sense of what we would need to provide to the communities as they moved forward with the initiatives. These communities not only provide support for the community, but other nearby communities come to the two centres for services such as the hospital, clinics, seniors’

programs, etc. With the assistance of the Age-Friendly communities, they identified who might be the anchoring entity to hold the funding for a “Community Connector” and who would make up the local steering committee for the initiative. Collaboration was already underway as part of the process.

By the end of May, both programs were up and running, but the new Community Connectors had to now build relationships not only with the health partners but also the community programs and service organizations. Referrals from health practitioners to the Community Connector were slow at first, as there was a need to ensure that everyone understood what social prescribing was and what it could do for older adults 55+ in the community.

The SSM Annual Conference was held on May 29 and 30. The theme of the conference was “Social Prescribing – Living well in our communities”. The keynote speakers were Dr. Sir Sam Everington, MBBS, MRCP, Barrister, OBE from Bromley by Bow, UK and Beth Mansell, Provincial Social Prescribing Project Manager, Healthy Aging Alberta. The conference drew a large number of participants.

With the assistance of our partners Health Quality Council (Saskatchewan) we were able to develop the appropriate forms for the “social prescription” and documents that will allow us to evaluate the initiative as we moved forward.

With the two pilot initiatives progressing well, SSM continued to identify additional sites that would be amenable to implementing social prescribing in their communities. The municipal elections that took place throughout Saskatchewan in the fall, slowed down any progress for some of the communities.

A number of presentations took place throughout Saskatchewan on the Social Prescribing Initiative. Here is a brief list of some of the presentations:

- SCOA Caregivers Café
- Seniors University Group
- Geriatric Evaluation and Management Team
- Saskatchewan Medical Association (family practice physicians)
- Sask. Alzheimer's Society
- SHA Primary Health Care Forum – Region SE4

Several meetings have taken place with the community of Rosetown and are ongoing. The resort village community of Candle Lake held a discovery meeting in August 2024 and shortly after an agreement was signed to undertake the initiative. The community came together quickly and have seen a number of individuals referred to the community connector. A presentation was made to the newly elected Yorkton City council at their December meeting and on that evening, it was decided that they wanted the Social Prescribing initiative to be part of the community structure. Their Community Connector was hired in February 2025 and is accepting referrals at this time.

Our newest initiative in the Regina area started in May of this year. The anchoring agency is the Regina Community Clinic (RCC) supported by a local social prescribing steering committee made up of folks from Age-Friendly, SHA, seniors' organizations, and RCC. The Community Connector is in place and has already been approached with possible referrals.

The next stage of growing the social prescribing initiative in the province is underway, and new locations will be identified in the future.

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.



Steering Committee: Wendy Thienes, Tracy McConnell (Community Connector), Penny Kirkpatrick, Ashley MacDonald



**Social
Prescribing**
in Saskatchewan

Facilitating Independence Grants

SSM worked with the Government of Saskatchewan (Ministry of Health), to provide one-time grant funding to senior-serving organizations to implement projects or initiatives aimed at assisting older adults to remain independently in their own homes and communities. Ten grants for Facilitating Independence were disbursed in 2024. Projects were varied and related to social programming, home supports, education, wellness clinics, transportation, yard care, directory development, assistance with technology, dementia care, and acute care discharge follow-up.

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 benefited and contributed to the stability of our communities, our healthcare system and other aspects of life in Saskatchewan.

Once again, in 2025, grants were provided for 10 projects. Most organizations focused on expanding, or spreading, current projects.

Member Organizations at CBSS Event

In May 2025, member organizations were invited to be part of an event for Community Based Seniors' Services (CBSS) organizations. It was an opportunity for our member organizations to engage with others to discuss CBSS from both a Saskatchewan and a national perspective. Discussion centered on the following:

Saskatchewan Perspectives

- In your region, what are the top challenges and where are the opportunities?
- What are some points of strength within the CBSS sector that can be scaled to support a strong, provincial CBSS sector?
- In 3-5 years, what will the CBSS sector in Saskatchewan look like?

Canadian Perspectives

- What needs to be done at the Pan-Canadian level to support the desired state of CBSS in Saskatchewan?
- Thinking about a Pan-Canadian CBSS sector, what does success look like? How will we know we are making an impact?

A report on these discussions will be coming soon.

This year we provided grants to five of our member organizations.



News from SSM

We sent out 9 issues of our ***News from SSM*** newsletter to member organizations. Content includes updates, research reports and opportunities to participate, and upcoming events.



Strength in Community: *We Have What It Takes*

Our annual conference sought to inspire, support and confirm the unrecognized strengths found in Saskatchewan communities both large and small. Information and stories of community realities helped provide templates for other communities to move forward in the future.

Community Development Enables Community Strength



Community Development within B.C.'s Better at Home Initiative – Bobbi Symes, Director, Healthy Aging at United Way, BC. Bobbi spoke about how they grew their 'Better at Home' initiative from small pilots to ever-expanding community successes.

Strength in Community – Don Johnson, Kipling & District Age-Friendly Committee. Don has participated in many community endeavours over the years and has seen firsthand what strength there is in community.

Practical Community Initiatives



Thrive at Home – Jennifer Wright, Senior Improvement Lead, Saskatchewan Health Quality Council. Thrive at Home is an initiative aimed at strengthening community-based care and supports for older adults.

Candle Lake: Implementing Social Prescribing Builds Strength – Marianne and Terry Kostyna, Candle Lake Health Services Committee. Marianne and Terry spoke enthusiastically about how Social Prescribing is affecting their small, northern community.

Data Collection is Exciting – Beliz Açan Osman and Suelen Meira Góes, Researchers, Saskatchewan Health Quality Council. Using the analogy of cake-baking, Beliz and Suelen showed how crucial collecting and analyzing data is to any project.



Service 55+ – Éric Lefol, General Manager, Vitalité 55+. Éric spoke of community work in French-speaking communities in the province.

Transportation – Two presentations were given. Research on Current Transportation in Saskatchewan – Jacob Alhassan, Assistant Professor,

May 21 and 22, 2025 (via Zoom)

Department of Community Health, U of S spoke about the loss of STC and what an effect this has had on communities. Hudson Bay Bus Project – Audrey Harsh spoke about the way the Hudson Bay, SK community has addressed the lack of transportation in rural areas.

How Older Adults and Communities Stay Healthy and Strong



Working/Volunteering: Rewards and Challenges – Jayne Whyte, working and volunteering in the mental health field; Randy Dove, advancing issues relating to older adults; Kerrie Strathy, working and volunteering in continuing education for older adults.

Contributing to Community after 'Retirement' – Lorne Calvert, former Premier of Saskatchewan, spoke about how communities depend upon older adults and their involvement in a variety of initiatives. "Older adults punch way above their weight."



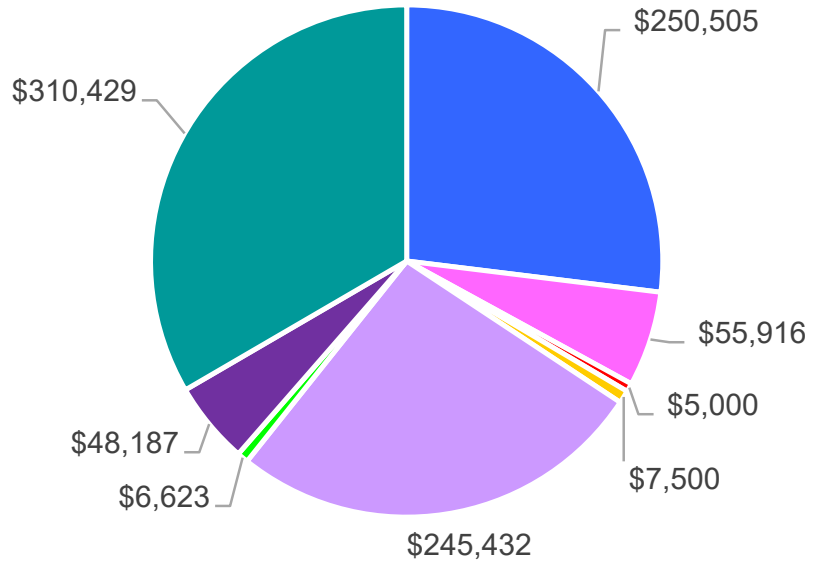
The Magic of Age-Friendly Communities – Doug Still, retired teacher, town councilor and mayor, and former chair of the Saskatchewan Age-Friendly Committee; Linda Pratt, active volunteer, former Age-Friendly Liaison, and current chair of the Saskatchewan Age-Friendly Committee; Ashley Scholefield, trained as a Critical Care RN, now Senior Communication Officer with the Strasbourg Age-Friendly Recreation Board, Wendy Thienes, active in Age-Friendly and Social Prescribing, current Age-Friendly staff with SSM;

Age-Friendly Businesses – Wendy Thienes, Age-Friendly Staff, SSM. Wendy spoke of the benefits of getting local businesses involved in making their places of work accessible and Age-Friendly.

Moose Jaw Older Adult Employment Matching – Barry Watson, Senior MooseJobs Program Coordinator, spoke of their pilot project in matching skilled older adults with employment opportunities. The pilot has recently been extended.

Grants Received by SSM 2024-25

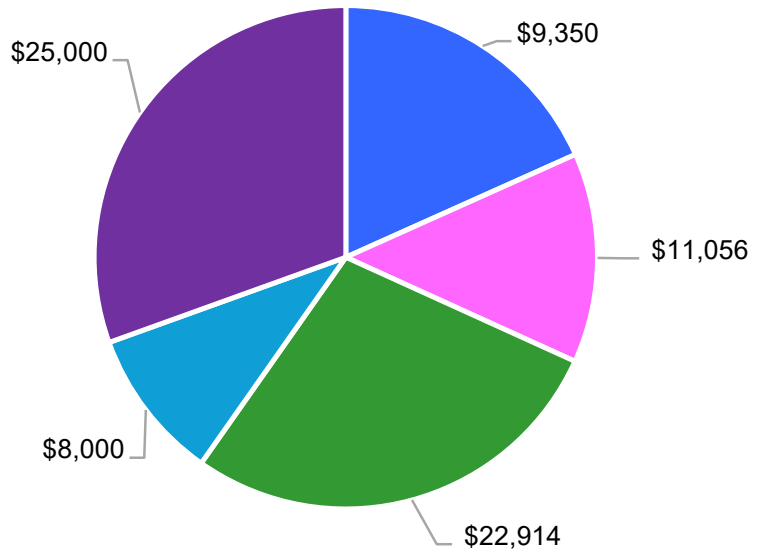
- SK Lotteries Trust Fund/SPRA
- SK Health
- Influenza Awareness
- Blue Cross
- Facilitating Independence
- New Horizons
- Home Supports (fr Mbr Orgs)
- Social Prescribing



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 2024-25 (funded from SK Lotteries Trust/SPRA Grant)

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



Ex officio – Shan Landry

STANDING COMMITTEES

FINANCE AND AUDIT

André Nogue – Chair
Randy Dove
Kelvin Fisher
Don Gabel
Shan Landry

GOVERNANCE

Don Johnson/
Randy Dove - Chair
Don Gabel

NOMINATIONS

Randy Dove - Chair
Shan Landry
Don Johnson

ADVISORY GROUPS

COMMUNICATION

Scott Wilson – Consultant
Linda Gunningham – Facebook
Positive Aging Group

PROJECT COMMITTEES

FACILITATING INDEPENDENCE GRANTS

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Randy Dove
Malcolm Eaton
Kelvin Fisher

SOCIAL PRESCRIBING

Shan Landry – Chair
Kelvin Fisher
Dennis Kendel
Jennifer Wright
Brenda Schuster

PROGRAM COMMITTEES

RESEARCH AND ISSUES

Randy Dove – Chair
Gary Boechler
Ann Donovan
André Nogue
Richard Simpson
Doug Still
Scott Wilson

AGE-FRIENDLY SASKATCHEWAN

Don Johnson/
Linda Pratt - Chair
Elaine Britton
Brenda Curtis
Joyce Hoffman
Éric Lefol

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



The SSM President was a guest at the SUMA Convention and SSM had a display booth at the tradeshow. The tradeshow was an excellent opportunity for interacting with delegates, including making connections with potential age-friendly communities.



was done in partnership with HelpAge Canada, a Canadian-based charity dedicated to supporting community organizations and the older people they serve, to help older people live safe, healthy, connected, and dignified lives. The CBSS sector consists of volunteers, professionals, caregivers, experts, academics, advocates and innovators, all connected to healthy aging, the rights of older adults, and the provision of wellbeing and engagement to older people in their communities. We had some excellent discussion and shared ideas on how to strength CBSS in Saskatchewan.



We are participating in the Canadian Medication Appropriateness and Deprescribing Network (CADeN) through their Public Awareness Committee and by raising awareness of issues related to medications and older adults. CADeN 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.

SSM was involved in planning for and attended a Community Based Seniors Services (CBSS) event held in Ottawa in June 2024. The CBSS sector 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, and community coalitions. SSM is part of the Canadian CBSS Interim Leadership Council, an interim advisory group created out of the summit.

This led to SSM hosting a CBSS sector consultation – May 26 (in person) and May 27 (virtual). This

We continue to hold meetings with government including the Community Care Branch of the Ministry of Health, with the Minister for Seniors, and with the opposition shadow cabinet minister for seniors.

We were invited to participate in a Women and Gender Studies – Feminism & Activism Class on 'how feminist principles translate into political action, public policy, organizational structures, artistic or religious movements', being taught by Brenda Anderson and Scott Wilson. One of the elements of the class is to give students a sense of supporting a community organization and contributing in some good way to its goals. We recorded a session with Brenda and Scott outlining some of our work and some possible projects students might get involved in. Brenda thanked SSM for their willingness to share thoughts and process. She said "It's a much needed organization and having students connect to it makes

so much sense. Several discussed the talk from SSM in their final assignments... There was an impact and much learning.”



We 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 participated in a Federal Government roundtable on advance requests for medical assistance in dying (MAID) which took place virtually on Jan. 15, 2025 with 44 participants from AB, SK and MB. Conversation in the large group and breakout groups was generally positive about legislation to provide advance care requests from people who know they have dementia and are still cognizant and want to make their request in advance.

Considerations named were:

- What essential safeguards should be in place: a person prepares an advance request; a trusted

3rd party or 2 (might be family) and doctor would oversee the final submission and conclusion

- Supports could be needed for family/key friends who may have trouble “letting go” of the individual
- Questions re: MAID providers – ability to respond to requests; hospitals with religious objections must forward requests; clarity to remove blocks from institutions
- Respect for the autonomy and wishes of the dying person
- Another question probably for the future – why does advance MAID request have to be made only when a person knows they will be mentally incapacitated? What about a person who suffers a stroke and their resulting ‘life’ is exactly what they would not want?
- Ultimately the atmosphere was of cautious need to make a decision in favour of advance requests.

We encouraged participation in Let No One Be Alone Week in connection with Valentine’s Day. Resources on the impact of loneliness and ideas on how to address it were shared on our website and through social media.



**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.**