



**SSM CONFERENCE**  
 Three unique morning sessions  
 April 21, April 29, May 12  
 VIA ZOOM



# 2026 CONFERENCE BOOK

*Transforming the Future: Older Adults Seize the Day*



# Greetings from SSM



**Shan Landry**  
President

## **“Why doesn’t somebody do something?”**

We have heard friends and even public commentators uttering this phrase over the last year. We might have said it ourselves when we heard about some cruel or boneheaded decisions that have been made. Bad news and bad behaviour abound, and we are bombarded with it throughout the day. Last week, when a group of us were lamenting the seeming inaction of people who could put a stop to the “madness” as we called it, one SSM colleague said in response to our general complaining, “but why aren’t WE the somebodies who will do something?” Her comment stopped us short. When did we abandon our attempts to be change agents for making things better and start to feel comfortable sitting back and expecting others to do the heavy lifting of creating change?

We find lots of excuses as to why ‘at my age or stage in life’ we think we can’t change the world. We feel unable to introduce new policy, enact new laws, convince the courts and official bodies to protect human rights and support vulnerable people. At what age or stage did we quietly turn over the reins to another generation? The change in us has been gradual and subtle.

However, if we **don’t** try to do something: make our opinions heard, vote, start a petition, call up political reps, attend a lecture to learn and inform ourselves, or even try to inspire others to join our voices together or learn from past experiences, we will continue to stay stuck in sadness and despair.

What has made us believe that the role of crusading for a better world belongs to people younger or smarter? This thinking traps us in some of the pitfalls of ageism. We can feel almost betrayed as many of the things we thought/assumed about world order – kindness, community concern, belief that at the base of it all we had a system and way of being that meant that the right thing would always be done in the end – does not seem sure any more.

Aha! There is no expiry date on using our voices, thinking through what might be the options for change and making ourselves aware of the need to pool our resources and voices, ideas and actions. At this conference we put out a challenge to older adults: What can you do, no matter how small or very ‘local’ and seemingly insignificant in the big picture, to demonstrate that the status quo isn’t working for us and that the world with its injustices can be changed – even if it is one older adult at a time or a group of older adults together? We can join with others to who say, “We are somebodies and we’re ready to lead and participate in the change that will make things better for all of us.”

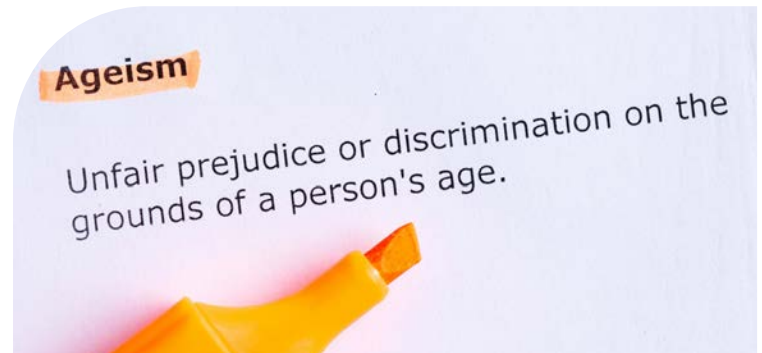
**We can seize the day!**



**Holly Schick**  
Executive Director

# **Beyond Ageism**

## Rockin' into the New World



**Introduction** to Conference and to Ageism session.

### **Reactions to ageism**

#### **Ashton Applewhite**

- Presentation on Ageism
- Fireside chat on ageism – Ashton, André Nogue and Linda Anderson
- Q&A

### **Short break**

#### **Small discussion groups**

Each group explores one area of embedded ageism

- businesses, institutions, media
- housing, transportation, employment
- social groupings e.g. churches, senior centres
- government policy and decisions

Identify one or two ways to challenge ageism.  
Report back from facilitators

### **Wrap Up**

Door Prizes

# Speaker Bios



## **Ashton Applewhite**

*Writer & activist  
New York, NY*

An internationally recognized expert on ageism, Ashton Applewhite is the author of *This Chair Rocks: A Manifesto Against Ageism* and a co-founder of the Old School Hub. She speaks widely at venues that have included the United Nations and the TED mainstage and is at the forefront of the emerging movement to raise awareness of ageism and make age a criterion for diversity. In 2022 the United Nations named Ashton one of the Healthy Aging 50: fifty leaders transforming the world to be a better place to grow older.



## **André Nogue**

*Treasurer, SSM Board  
Regina*

André Nogue is a retired federal servant who, in retirement, has been actively involved in various organizations working for the betterment of aging conditions of older adults.



## **Linda Anderson**

*SSM Staff  
Communication & Ageism Awareness  
Regina*

Linda has worked with SSM since 2013, first as volunteer with the Age-Friendly Committee and after 2016 as staff. She has been inspired and encouraged by SSM leaders who work to make life better for everyone.

# **Health Care** Rockin' the Boat



**Introduction** to Conference and to the Health Care session.  
**Saskatchewan Health Quality Council Sponsor Presentation** – Jennifer Wright and Tami Waldron

**Facilitated conversation about the status quo of health care and health systems.**

- Moderator – Shan Landry, President SSM
- Steven Lewis
- Sally Mahood

Questions from participants

**Short break**

**Small Facilitated Discussion Groups**

Facilitator report back

**Wrap Up**

Door Prizes

# Speaker Bios



## **Gold Sponsor Presentation**

### **Jennifer Wright**

*Senior Improvement Lead, Saskatchewan Health Quality Council  
Saskatoon, SK*

Jennifer supports a variety of strategic improvement projects, including Thrive at Home, an initiative aimed at strengthening community-based care and supports for older adults. She values any opportunity to collaborate and make meaningful connections with partners across Saskatchewan to drive improvements in health and well-being for everyone.



### **Tami Waldron**

*Program Manager, Saskatchewan Health Quality Council  
Saskatoon, SK*

Tami Waldron is a Program Manager based at HQC. She works closely with interest-holders and cross-functional teams to ensure shared work is well-coordinated, clearly communicated, and executed with care. Tami enjoys finding balance between work and life at home, and values connection, well-being, and practical ways to thrive both professionally and personally. This balance comes through in how she supports the Thrive at Home work, looking to support initiatives and teams that aim to help older adults to age with dignity in their preferred location.

# Speaker Bios



## **Shan Landry**

*President, Saskatchewan Seniors Mechanism  
Regina, Sask*

Shan's work with the SSM Board allows her to stay involved and active in advocating for positive aging in Saskatchewan. After a long satisfying career in social work and health care administration she now volunteers her time and attention with a focus on community development action. She is energized by spending time with colleagues and friends who share her interests in strengthening support systems and connections to building quality of life for everyone.



## **Steven Lewis**

*Adjunct Professor of Health Policy, Simon Fraser University  
Vancouver, BC*

Steven Lewis is a health policy and health services research consultant. He has worked with governments, health care organizations, pan-Canadian agencies, regulators, professional organizations, and quality improvement agencies. He led a health research granting agency, and created the first evidence-based system improvement organization in Saskatchewan. He has published widely in peer-reviewed and other journals, newsletters, and public media. He is a board member and treasurer of a community health centre in Vancouver, and writes a monthly health policy column for the Saskatoon and Regina newspapers.



## **Sally Mahood**

*Retired Physician  
Regina, SK*

Dr. Sally Mahood is a long-time family physician in Saskatchewan and retired Assistant Professor of Family Medicine at the University of Saskatchewan. She has been a lifelong defender of the public health care system, an opponent of its erosion by privatization, and a strong advocate for primary care reform and women's health in the province.

**TUESDAY  
MAY 12, 2026**

# **Life Satisfaction as We Age**

## **Older Adults Rock On**



**Introduction** to Conference and to Aging Well session

**Blue Cross Sponsor Presentation** – Kari Dean

Health Literacy and Aging Well in Saskatchewan: What seniors need to know and why it matters.

**Social Prescribing Initiative** – Rod McKendrick

- Video *Social Prescribing in Action*
- What we are learning from pilot communities

**Age-Friendly Communities** – Wendy Thienes

- Enriching community support for older adults
- Exploring what has been happening in Age-Friendly Communities

**Short Break**

**Activism** – Barb Byers

- How do we become advocates?
- Small facilitated groups explore actions in different situations

**Wrap Up** – Learnings from the three sessions

Door Prizes

# Speaker Bios

## Blue Cross Sponsor Presentation



### **Kari Dean**

*Community Engagement Specialist, Blue Cross  
Saskatoon, SK*

Kari is a member of the Brand, External Affairs and Community team at Saskatchewan Blue Cross. In her role as the Community Engagement Specialist, she leads the organization's community investment and sponsorship portfolios. Born and raised in Regina, she now resides just north of Saskatoon with her husband and two children, both students at the University of Saskatchewan. Her career includes a wide range of experience in the areas of tourism, aviation, and philanthropy. In addition to her commitment and participation in Saskatchewan Blue Cross' community initiatives, she is passionate about giving back to her community and currently serves as the President of her local Kinettes Club and as a volunteer committee member for the Jim Pattison Children's Hospital Foundation Jeans & Jewels Gala.



### **Rod McKendrick C.M.**

*SSM Staff, Social Prescribing Coordinator  
Regina, SK*

Rod worked in policing for 31 years. As part of the Ministry of Justice, he provided province-wide training on interpersonal violence and abuse. Rod retired from the Saskatchewan Ministry of Justice, Victims Services, as the Interpersonal Violence Specialist for the province in April 2023. In November 2024 he joined the SSM staff team as Social Prescribing Coordinator.



### **Wendy Thienes**

*SSM Staff, Age-Friendly Communities  
Shaunavon, SK*

Wendy is the Age-Friendly Communities staff person with SSM, providing support to communities across the province who are embracing the Age-Friendly journey. Wendy works remotely from her home in Shaunavon where she helped establish an Age-Friendly committee and volunteers on their Social Prescribing steering committee.

# THANK YOU TO OUR SPONSORS

## Gold Sponsors:

Blue Cross

Saskatchewan Health Quality Council

## Silver Sponsors:

National Association of Federal Retirees

Saskatchewan Union Retirees Federation

## Bronze Sponsors:

Lifeline

College of Registered  
Nurses of Saskatchewan

SGEU





## Door Prizes Courtesy of:

College of Registered Nurses of Saskatchewan

National Association of Federal Retirees

Rod McKendrick

Saskatchewan Blue Cross

Saskatchewan Parks and Recreation Association

SSM



## Ready to positively impact the people of Saskatchewan?

Become a public representative with the CRNS! Join one of our many committees and contribute to the future of registered nursing in Saskatchewan.

Connect with us at [links@crns.ca](mailto:links@crns.ca) to apply.



# Lifeline

## With Lifeline, you're never on your own when you need help.

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Offer expires December 31, 2026. Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Discounts not applicable for programming fee, out of area installations, or the Lifeline Smartwatch. Some restrictions apply. Offer subject to a 6 month term. **1.** Claim based on the number of subscribers **2.** Lifeline with Fall Detection does not detect 100% of falls. If able, users should always press their button when they need help. **3.** On the Go coverage outside the home and wireless service in the home provided with sufficient access to/coverage by the applicable third party wireless network. Certain limitations subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.



## GUARANTEED ACCEPTANCE

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Empowering healthy lives.



The **Saskatchewan Union Retirees Federation (SURF)**: is a provincial group representing retired public, private & trade union members; offers a united voice to lobby all levels of government on issues affecting retirees & seniors; is an affiliated supporter of the Saskatchewan Seniors Mechanism (SSM); is a chartered affiliate of the Congress of Union Retirees of Canada (CURC).



**SURF provides:** retirees with access to prescription drug, health, dental, vision, residential, funeral and travel insurance benefits through the Canadian Benefits Consulting Group; access to Pre-Retirement Planning workshops; assistance to unions forming retiree groups/clubs; retiree members to participate at local Labour Councils; liaison with other retiree groups across the province; newsletters to keep members informed about activities.

For membership or benefits information, contact SURF at  
#112 – 2001 Cornwall Street, Regina, Sask. S4P 3X9  
[surf.curc@gmail.com](mailto:surf.curc@gmail.com)

# SGEU

## Working together for Saskatchewan

[sgeu.org](http://sgeu.org)



National Association of Federal Retirees / Association nationale des retraités fédéraux

## PROMOTING RETIREES' FINANCIAL SECURITY, HEALTH AND WELL-BEING

The National Association of Federal Retirees (Federal Retirees) is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors.

With close to 170,000 members, including more than 60,000 veterans and their families, the Association has been advocating for improvements to the financial security, health and well-being of our members and all Canadians since 1963.

Federal Retirees is committed to building an Association that values diversity, equity, and inclusion by encouraging and supporting respect for the dignity, beliefs and values outlined in the Canadian Charter of Rights and Freedoms and all applicable provincial Human Rights Codes.

We believe every Canadian, today and in the future, should benefit from better retirement income security and a strong, sustainable health-care system.

Saskatchewan is the home of six branches in North Battleford, Saskatoon, Prince Albert, Swift Current, Moose Jaw and Regina.

For more information please refer to: [www.federalretirees.ca](http://www.federalretirees.ca)



# Thrive at Home

Enhancing community-based care and supports for older adults

## ABOUT THRIVE AT HOME

The population of seniors aged 65 years and older is projected to increase as much as 57% by 2043. As the fastest-growing segment of the population in Canada, it's more important than ever to ensure older adults have access to the supports they need for healthy aging.

That's why we're bringing together key partners from community, social, and health sectors to explore opportunities for better alignment, accelerated learning, and improvement in care.

Together, **Thrive at Home** aims to strengthen community-based care and supports for older adults so they can thrive wherever they call home.

## ACTION COMMUNITY

When it comes to transforming our health and social care systems, change at this scale won't happen overnight – nor can it be done in isolation.

The work of Thrive at Home is guided by a diverse network called the **Action Community**.

This community is comprised of partners involved in supporting older adults, including those with lived experience, the Saskatchewan Ministry of Health, the Saskatchewan Health Authority, academia, and community-based organizations.

United, we're co-creating a future where everyone can grow older with dignity, choice, safety, and a true sense of belonging.

## TURNING IDEAS INTO ACTION

Since the launch of Thrive at Home, we've heard loud and clear the need for action.

Inspired by the energy behind this collective, the Action Community is coming together in focused working groups, called **Action Hubs**, to address challenges impacting older adults.

As a community, we've identified several opportunities for collective action, including:

- **Navigation** — navigating our health and social systems to promote health and well-being
- **Transportation** — getting from place to place safely for health, social, and business needs
- **Home supports** — accessing services and assistance that enable aging in place

Together, we're demonstrating the power of community-led collaboration, data-driven strategies, and scalable outcomes in delivering meaningful change for those who call Saskatchewan home.

## COLLABORATE WITH US

If you're interested in learning more about how you can partner with us to improve the health and well-being of older adults, visit our website:

[saskhealthquality.ca/thrive-at-home](https://saskhealthquality.ca/thrive-at-home)





# Celebrating Seniors Provincial Volunteer Awards

SUNDAY, SEPTEMBER 27, 2026 • CONEXUS ARTS CENTRE, REGINA, SK

**DO YOU KNOW AN OLDER ADULT VOLUNTEER WHO IS A SUPERHERO IN YOUR COMMUNITY?**

**REVEAL THEIR TRUE IDENTITY BY NOMINATING THEM FOR A PROVINCIAL VOLUNTEER AWARD!**

## 10 AWARD CATEGORIES:

- COMMUNITY LEADERSHIP (URBAN)
- COMMUNITY LEADERSHIP (RURAL)
- COMMUNITY LEADERSHIP (FIRST NATIONS OR METIS)
- 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 is Friday, June 12, 2026**

How and to whom do I submit my nomination:

1. Email to: [ssm@skseniorsmechanism.ca](mailto: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-2026](http://www.skseniorsmechanism.ca/celebrating-seniors-2026)

