



Find out how your organization can work together with Saskatchewan Seniors Mechanism. Contact us today!



Check us out at:  
[www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca)



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### Honorary Patron

Her Honour the Honourable  
Bernadette McIntyre,  
Lieutenant Governor of Saskatchewan



# SASKATCHEWAN SENIORS MECHANISM

*Older Adults Moving Forward*



## Vision Statement

# Quality Life for All Older Adults in Saskatchewan

## About SSM

Saskatchewan Seniors Mechanism (SSM) is a non-profit, volunteer organization that was formed in 1990. This umbrella organization partners with member organizations to work together in the interest of seniors in Saskatchewan. We do this by providing specific types of programming, seeking to address issues of importance to older adults, and sharing information to benefit seniors in our province.



## Celebrating Seniors Volunteer Awards

This prestigious annual event provides an opportunity to celebrate the volunteer contributions seniors make to their communities throughout our province. Consider nominating a dynamic, senior volunteer in your community.



## Social Inclusion and Mental Health

Raising awareness of the importance of involving older adults in their communities in meaningful ways to promote mental health and quality of life. This includes Social Prescribing and Home Supports initiatives.



## Ageism Awareness

Negative attitudes about older people are common globally. Ageism is embedded in Saskatchewan culture and often is unrecognized.

Ageism includes **stereotyping** (how we think), leading to **prejudice** (how we feel) and **discrimination** (how we act) towards people on the basis of their age. Ageism has particularly deleterious effects on the health and well-being of older people. SSM works towards raising awareness of ageism when we encounter it, including when we find it residing in ourselves.

## Gray Matters

Quarterly publication directed at issues and topics of interest and concern to older adults. Read by over 100,000 older adults.



## Century Club

Formed to honour seniors who have reached the age of 90 and are determined to continue living as full and active a lifestyle as possible to the age of 100 and beyond.

## Age-Friendly Saskatchewan

Age-Friendly(AF) Communities is a global initiative started through the World Health Organization. Age-Friendly Communities start with the perspectives of older adults and integrate all ages. AF Saskatchewan works with communities as they seek to make their towns, villages or cities better and healthier places for older adults to live and thrive. AF Communities develop policies, services and structures related to the physical and social environment that enable all ages to live in security, enjoy good health and participate fully in their community.

