



2026

ANNUAL REPORT





*Older
Adults
Moving
Forward*

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Moose Jaw & District Seniors Association

National Association of Federal Retirees

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Regina Senior Citizens Centre Inc.

Saskatchewan Union Retirees Federation

Saskatchewan Retirees Association

Saskatchewan Seniors Association Inc.

Saskatchewan Senior Fitness Association

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Saskatoon Services for Seniors

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Senior Power

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Vitalité 55+ Saskatchewan

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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



Holly Schick
Executive Director

Based on the past year, our tag line of ‘older adults moving forward’ may need to be changed to ‘older adults racing forward’. The pace of things at SSM has been extremely busy. Age-Friendly communities are growing in number, and the Social Prescribing initiative has passed the half-way mark and is gaining momentum. We continue our work on addressing ageism and seeking ways to continue our home supports initiative through things like our Facilitating Independence grants. All this while continuing ongoing things like Celebrating Seniors, Gray Matters and connecting with member organizations.

The focus of our work really is advocacy for our vision – Quality Life for all Older Adults in Saskatchewan. We have created a new graphic representation of our work. This visual captures Age-Friendly Communities as an overarching border for our work with ageism awareness as the foundation.

We have continued to be part of the Saskatchewan Health Quality Council’s Thrive at Home initiative which allows us to collaborate with our groups and individuals who are working to “strengthen community-based care and supports for older adults so they can thrive wherever they call home”.

SSM is sorting out how we can further expand connections with the Community Based Seniors’ Services organizations throughout the province. This is part of work going on nationally.

Government connections and relationships continue to be important. We met with provincial government to raise awareness of concerns related to older adults and collaborated with them on facilitating independence grants to pilot community home supports initiatives. We have strengthened connections with SUMA as part of our age-friendly work.

Our SSM team of board members, staff and other volunteers continues to be a particularly strong combination of people who are moving SSM forward in these exciting times.

QUALITY LIFE FOR ALL OLDER ADULTS





*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

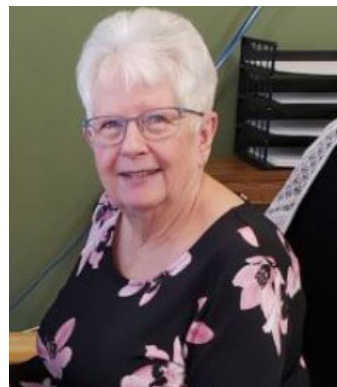
SSM Staff



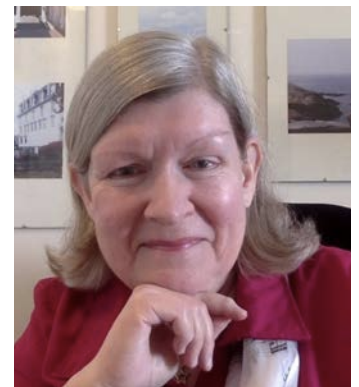
Holly Schick
Executive Director



Linda Anderson
Communications &
Ageism Awareness



Sybil Nugent
Administrative Assistant



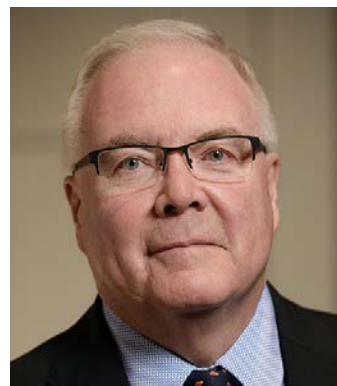
Beth Stilborn
Website & Social Media



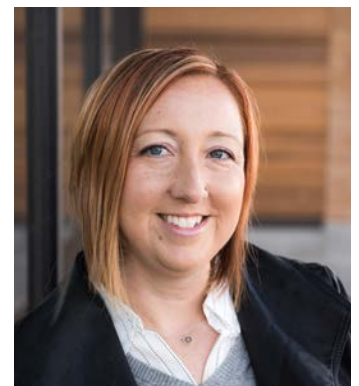
Linda Restau
Program & Promotions



Wendy Thienes
Age-Friendly Communities



Rod McKendrick
Social Prescribing



Kerri-Lee Bray
Graphic Design

Ex officio – Shan Landry

STANDING COMMITTEES

FINANCE AND AUDIT

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

GOVERNANCE

Malcolm Eaton – Chair
Randy Dove
Don Gabel

NOMINATIONS

Randy Dove – Chair
Shan Landry
Malcolm Eaton

ADVISORY GROUPS

COMMUNICATION

Scott Wilson – Consultant
Linda Gunningham – Facebook
Positive Aging Group

PROJECT COMMITTEES

FACILITATING INDEPENDENCE GRANTS

Shan Landry – Chair
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
Barb Byers
Ann Donovan
Malcolm Eaton
André Nogue
Richard Simpson
Scott Wilson

AGE-FRIENDLY SASKATCHEWAN

Linda Pratt - Chair
Elaine Britton
Brenda Curtis
Joyce Hoffman
Éric Lefol
Cheryl Loadman

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.

The Governance Committee reviews all organizational membership applications to determine whether they may be added as full or supporter SSM members. NO applications were received during 2025-26.

The Committee conducted a review of the various approaches for director terms of office. Based on the review of other organizations, with a focus on community based and non-profit organizations, recommendations to adjust the SSM bylaws were approved by the SSM Board of Directors. The bylaw proposal will be dealt with by the members as part of the AGM agenda.

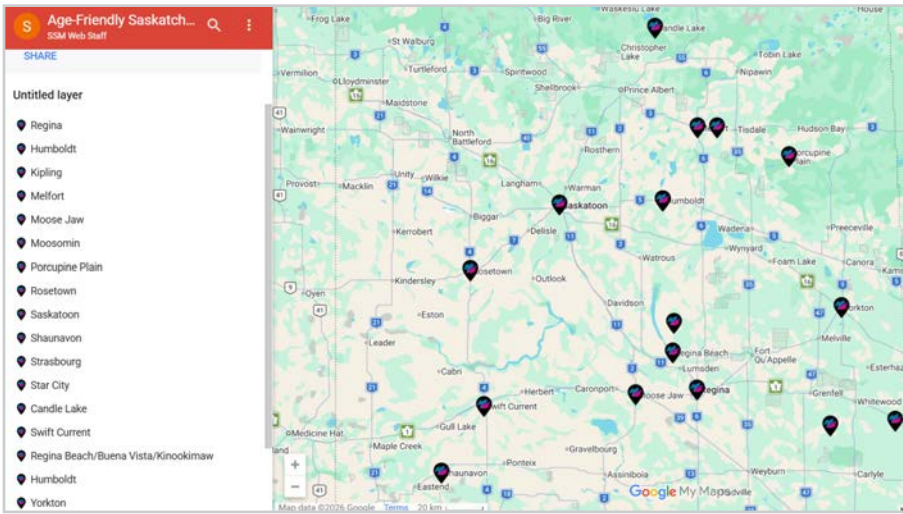
SSM has access to information to compare the SSM staff compensation structure to similar organizations in the marketplace. The information supported a recommendation by the Finance and Audit Committee to adjust the compensation plan, consistent with the SSM staff compensation policy.



SSM
Honourary Patron

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

AGE-FRIENDLY SASKATCHEWAN



Communities on Age-Friendly Journey

There are currently 16 Age-Friendly communities in the province. This number continues to grow through connections made with municipalities, Saskatchewan Health Authority and with community and provincial organizations.

Age-Friendly Communities is a global initiative started by the World Health Organization. It promotes healthy, accessible, inclusive communities where people of all ages are valued, included, and supported.

2025/2026 Year in Review: Connecting with Communities

Growing the Age-Friendly movement in Saskatchewan has been all about Connection in 2025/2026. Tools for communicating with committees, municipalities, government and the general public are ways that the Age-Friendly Saskatchewan Committee and Staff increase awareness, share success stories and build support for Age-Friendly initiatives.

E-Newsletter: The Connector was published 7 times in 2025/2026. Anyone is welcome to subscribe!
<https://agefriendlysk.ca/af-sk-newsletter/>

Facebook: In 2026 we set up our own Facebook page! Follow us for information we post/share from around Saskatchewan and across Canada. <https://www.facebook.com/agefriendlysaskatchewan>

Website: Contains community information and resources for getting started! A redesign of the website began in 2026.
<https://agefriendlysk.ca/>

Coffee Hours: Nine online network gatherings included transportation, community resource directory development, and action planning.

New Banner: A new vertical banner was created to help inform and generate awareness for our Age-Friendly events and tradeshow.

Workshops: A successful application to the New Horizons for Seniors Program will enable a project that will offer in-person workshops to existing or potential new Age-Friendly Communities until March 30, 2027. These workshops will help to address some of the needs identified in the Committee Survey.



SUMA Convention April 12-14

Wendy Thienes and Linda Pratt led an educational session for the Towns and Villages breakout at the 2026 SUMA Convention in Regina. Members of the Strasbourg Age-Friendly Recreation Board joined us for a “fireside” chat, describing their initiatives and the impacts on their community. Over 300 delegates attended the session and we also made connections at the SSM Trade Show booth. Communities have started reaching out to learn how to begin their own Age-Friendly journey! Shan Landry and Holly Schick were invited guests at the SUMA Conference.

Western Age-Friendly Consultation – May 13-14, 2026

Participants: BC Healthy Communities, the Government of Alberta, City of Calgary, members of the Age-Friendly Manitoba Resource Team and SSM and the Age-Friendly Saskatchewan Committee.



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.

Presentations:

- Transportation
- Ageism
- Evaluating the Impact of Age-Friendly initiatives

Deep discussions:

- Housing
- Transportation
- Success stories
- Solutions for common challenges



SSM has been bringing about the development of Social Prescribing Initiatives in different parts of the province. Community representatives with whom we met often identified they had plans in place for health and wellness in the coming years. They quickly realized that social prescribing should be part of those plans.

During the 2025-2026 year, we added Social Prescribing initiatives to the following communities:

Saskatoon and Area started in November 2025, and the anchoring entity is Saskatoon Council On Aging and supported by a local social prescribing steering committee from various organizations and agencies.

Nipawin and Area started in March 2026, the anchoring entity is the Town of Nipawin, also supported by a local social prescribing steering committee.

Swift Current and Area also started in March, the City of Swift Current is the anchoring entity, supported by various agencies and organizations

that have formed a social prescribing committee.

SSM is adding additional initiatives in Estevan, The Battlefords and an Indigenous community connector to the Regina initiative. A further initiative will be added in partnership with the SHA, Primary Health. This will meet our goal of 12 sites.

Community of Practice meetings took place throughout the year with the community connectors and steering committees. The meetings allowed for open dialogue on successes and barriers that were identified based on clients' needs and the make up and location of the various communities. These dialogues helped SSM put together documents and tools that were useful for the community connectors in their day-to-day work.

It became apparent that social prescribing was not just about the number of referrals that the community connector received in a month, but also about the interactions they had with others to be able to serve the needs of the client. A monthly Interaction Tracking Form



was developed with the input of the community connectors to allow us to paint an accurate picture of their role with each client.

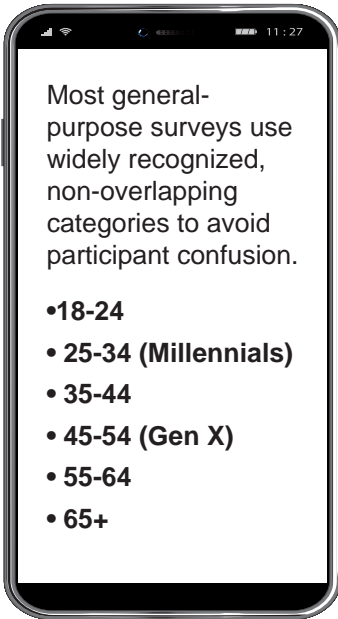
In early March 2026, SSM-Social Prescribing was invited to take part in a collaboration between the Canadian Institute on Social Prescribing (CISP) Canada and the National Academy of Social Prescribing (NASP) UK. NASP is now recognized as the World Health Organizations (WHO) Collaborating Centre for Social Prescribing policy and development. We were asked to speak on the work that is taking place in Saskatchewan and some of the issues faced by such a large province with a small population. This included areas related to rural and northern communities, transportation and other issues.

SSM hosted a one day “Face to Face” Gathering of Social Prescribing Community Connectors and Steering Committee representatives. All parties discussed their community’s initiatives, spoke of challenges and possible solutions. This fruitful event gives SSM additional ideas to address the sustainability of the initiative after December 31, 2027.



Social Prescribing
in Saskatchewan

AGEISM AWARENESS

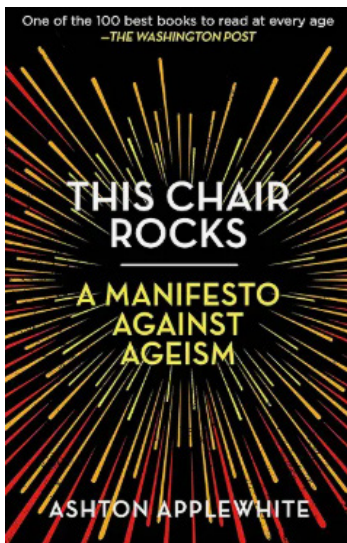


Reducing ageism is a fundamental component of advocating for all people to age well, with respect, support and the ability to make choices as they age. Much ageism is unnoticed and accepted even though it has destructive effects on individuals and communities. In 2025-2026 Ageism Awareness has been digging more deeply into systemic ageism and how it affects all aspects of life. Systemic ageism is found everywhere! In health systems, community services, businesses, civil service, education, journalism – and on and on...

Would we have considered how ageism prevents accurate data being collected from such a large category where people's circumstances and opinions change as they age? One small example of a wide reach of misunderstanding.

Ashton Applewhite, internationally recognized expert on ageism, has been a mentor and inspiration for Linda Anderson, Ageism Awareness staff. A decade ago, Ashton's book opened doors and windows letting in fresh air and light. We were fortunate to have Ashton as the key speaker for the first session of Conference – and from the responses, she opened up a lot of doors and windows for participants!

The video of her presentation is available on the SSM website.



Auntie Ageism & Ashton Applewhite: Points to Ponder

Why is it that we are all influenced but mostly unaware of how ageism affects our internal thoughts and feelings?

Self hatred? Of course not! But we all like to be seen as younger than our age – and don't want to think about upcoming older years.

Dr. Atul Gawande points out in *Being Mortal* that each of us must contemplate the unfixables in our life, the decline we will unavoidably face, in order to make the small changes necessary to reshape it.

'Age is just a number' – the prevailing fantasy is that we can be ageless, the geriatricians' uncomfortable demand is that we accept that we are not.

As we age our capacity for integration increases. Older brains are more diversely wired and use many more connections than younger ones – because we've made so many associations in our lives.

Is there a difference between having choice and assuming you can be completely independent?

Autonomy requires collaborators.

The Auntie Ageism column in *Gray Matters* highlights how anti-ageism critiques and challenges the ageist attitudes that are prevalent but often unrecognized in our society.

Blooming Perennials



Blooming Perennials are featured in each edition of *Gray Matters*. Perennials are living examples of the value and disparity of older people whose lives and circumstances vary widely. 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.

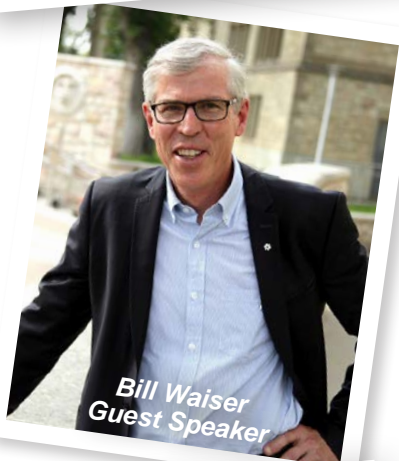
Blooming Perennials from 2025-2026:

Terri Hetterly • Kathy Grad • Carol Schultz • Jan Cochrane



Celebrating Seniors

Volunteer Awards 2025



On September 28, 2025, 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 Bernadette McIntyre, 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. Donna Standingready offered the blessing and a prayer. After an excellent buffet supper, Guest Speaker Bill Waiser, historian, told the story of David Thompson and Charlotte Small in his talk, Partners for Life. Musical entertainment was provided by Focal Point, a Saskatchewan group.

Community Leadership (Urban)

Neale Partington*
Brian Heinz

Community Leadership (First Nations or Métis)

Tracy Desjarlais*

Community Leadership (Rural)

Gene Kessler*
Colette Fischer
Terry and Gloria Ovans
Joan Wallman
Marie Yanke

Blooming Perennial (90+)

Adeline Fossey*
Stan Novicki

Intergenerational

Indigenous Grandmothers
Support Network*

Well-being

Lorraine Thibeault*
Nancy McCann

Education

Sheila Hamel*

Older Adult-Friendly Business

Strasbourg Co-op*
Wendy's Place (Wendy &
George Holloway)

Arts and Culture

John & Patricia Martin*

Advocacy

Sheila Fahlman*
Rodney Dickenson
Seniors University Group Elder
Abuse Presenters, Regina SK

* Designates the Award Recipient

Planning is underway for the 2026 Celebrating Seniors event which will occur on Sunday, Sept. 27, 2026, at the Conexus Art Centre in Regina.



AGM 2026 Century Club Report

Since the fall of 2025, the Regina Century Club has enjoyed three events: a Halloween Party, complete with costumes; our traditional Robbie Burns celebration; and a presentation of wildlife and nature photos with commentary and poems. Century Club information sessions at various seniors' residences have widened our reach.

The Century Club across the province is always happy to welcome new members aged 90 or over!

Members receive:

- a birthday card each year
- a periodical newsletter
- a subscription to Gray Matters.

Thanks to Joan Bankowski who personalizes all the birthday cards that go out.

Thanks also to SCOA for all they do with the Century Club in Saskatoon. The Saskatoon Century Club is a thriving and active group!



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.



- Santa Maria Board – August 6, 2025
- Talk of the Town (Promoting Celebrating Seniors) – August 11, 2025
- Parkland Valley District Community Gathering in Yorkton – September 11, 2025
- Swift Current Healthy Aging Expo – November 3, 2025
- Provincial Zoom Information Session on Facilitating Independence Grants – January 8, 2026
- Regina Trades and Skills Personal Care Workers Class – November 5, 2026
- All Seniors Care: Senior Games – including presentation of medals – February 3, 2026
- Beth Jacob Synagogue Seniors Lunch – February 25, 2026
- Rotary Club – February 26, 2026
- CBC Bluesky on Aging and Ageism – March 2, 2026
- NASP/CISP Exchange – March 2-3, 2026
- Access Communications Toast and Coffee (Promoting Celebrating Seniors and our Conference) – March 16, 2026
- Assiniboia Healthy Living Expo – March 21, 2026
- Talk of the Town (Promoting our Conference) March 30, 2026
- Presentation to STS chapter in Assiniboia April 14, 2026
- CBC Bluesky on Social Prescribing – April 15, 2026

We had displays at the following events:

- Spotlight on Seniors – Oct 6, 2025
- Swift Current Healthy Aging Expo – November 3, 2025
- SK Nurse Practitioner Conference – November 15-16, 2025

- Display at Seniors Expo at Vic Square Mall in Regina – March 12, 2026
- Assiniboia Healthy Living Expo – March 21, 2026
- SUMA Convention and Tradeshow – April 19-21, 2026

We attended and/or participated in:

- STOPS to Violence AGM – September 17, 2025
- Collaborative Nurse Practitioner Program Advisory Meeting – October 21, 2025
- Saskatchewan Parks and Recreations Association AGM – October 21, 2025
- Laid Wreath at Remembrance Day Service in Regina – November 11, 2026
- Presentation on the 2025 Ageing in Canada Survey January 20, 2026



- HQC Thrive at Home Showcase March 5, 2026
- Centre on Aging and Health Distinguished Lecture Don't Panic! It's Just Aging with Dr. Sally Chivers – March 5, 2026
- SHA Consultation on Access to Primary Health Care – April 6, 2026
- Meeting with the Regina Immigrant Women's Center – April 7, 2026
- SUMA Convention and Trade Show – April 12-15, 2026
- National Community Based Seniors' Services sector Summit – June 7-9, 2026
- Regina Partnerships for Positive Aging meetings
- Ongoing meetings with SK Health Quality Council on Social Prescribing work
- Monthly meetings of the Public Health Agency of Canada Age-Friendly Communities Reference Group
- Canadian Institute for Social Prescribing Meetings with Canadian SP Leaders
- Ongoing discussions with FIG recipients

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.

Media Advertising



- Postmedia – We used print advertising sparingly, but in November published a two page print spread in Leader-Post and Star Phoenix about Celebrating Seniors.
- Harvard Media – We are using Harvard Media for radio and on-line advertising.
- Rider Radio Sportscape CKRM has a 30 second ad in every Rider pre-game broadcast plus a one liner intro/tag of SSM. In 2025 the ad focused on Age-Friendly Communities and in 2026 it introduces Social Prescribing.
- SaskToday.ca – a huge multi-community news website that is divided into regions. Ads can be placed in one region or rotate through all. A click on a “Big Box ad” leads to the item on our website, whether it is a document or a short video. Ads for 2026 Conference alternating with Celebrating Seniors nominations were published in April & May.
- Newspapers (daily or weekly) – News release/short op-ed articles were circulated through the Sask Weekly Newspaper Association. It is difficult to tell which papers may have printed these articles.
- Special Seniors Sections – Moose Jaw, Yorkton and Prince Albert papers have regularly published SSM articles, sometimes accompanied by a paid ad.
- SUMA – SSM advertises in each edition of Municipal Voice and has also published articles about SSM initiatives.

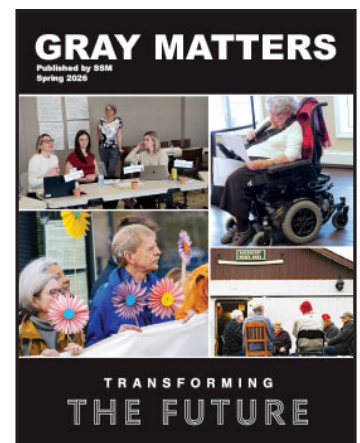
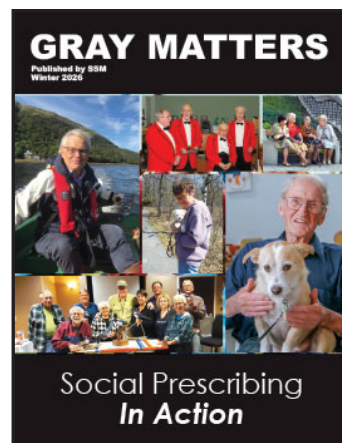
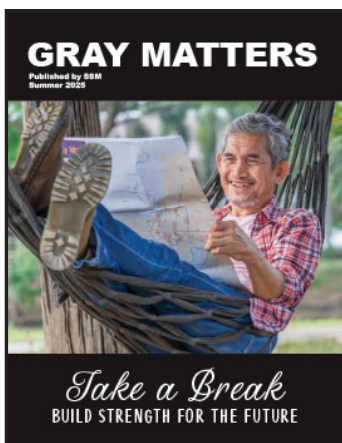
SSM Websites and Social Media

- SSM websites www.skseniorsmechanism.ca and <https://agefriendlysk.ca> are repositories of much valuable information. All publicity references these websites and uses URL links and QR codes to make it easy for someone to find specific information.
- Facebook and Bluesky are used to distribute information. We are now in the process of examining methods to do our own targeted advertising by boosting particular posts. Research indicates that targeting for particular events is the most likely to be effective.
- Videos – SSM owns a number of relevant videos on Home Supports, Conference speakers and Social Prescribing. Advertising on SaskToday, Facebook or Bluesky could include links to these videos. A future project is to produce 30 sec to 1 min clips taken from longer videos to emphasize particular information.
- In 2025 with the support of Blue Cross and Waltons Trust we produced a second Social Prescribing video – *Social Prescribing in Action!*



Social Prescribing in Action! video

Gray Matters 2025-26 Issues:



Research & Issues

During 2025-26 the Research and Issues Committee began a process to shift its emphasis for the future.

While Committee members reinforced the need for ongoing research as part of the reason SSM has been successful, there was recognition that many issues emerge where SSM needs a policy statement to be relied upon. Examples included health care, public housing, transportation, artificial intelligence (AI), financial scams and continuing/long term care.



Linda Anderson doing CTV interview about seniors being evicted from Regina Housing.

The Committee will activate/search for background information to develop a “SSM position” that could be used to respond as issues emerge. The concept was to look ahead, anticipate issues that may emerge and be ready to respond. Committee members will seek out information for consideration by the Board on various issues.

Overall, the Committee agreed that a shift in role would provide new opportunities for SSM to continue to build a “reference library” on issues, to help our visibility and advocacy role.

To support this transition the Committee will adjust its mandate including:

- To include wording adopting a more pro-active stance on issues that are consistent with SSM’s values and direction.
- To add content related to the coordination of issues that may be raised by member organizations.
- To review the “Terms of Office” on all committee mandates with a view that the 3 terms limit (6 years) be considered a guideline, not a fixed limit. This would allow greater continuity with the breadth of issues involving SSM.

Facilitating Independence Grants



Photo credit: Grasslands News - Sarah Pacio

The Saskatchewan Seniors Mechanism (SSM) has worked with the Government of Saskatchewan (Ministry of Health) to provide grant funding to organizations implementing projects and initiatives that support older adults in remaining independent within their homes and communities again this year. A total of 12 projects were approved for funding under FIG 4, with grants ranging from \$3,500 to \$25,000.

The funded projects are being implemented in communities across Saskatchewan and focus on enhancing the health, wellness, independence, and social inclusion of older adults. Many of the grant recipients are focusing on initiatives related to:

- Improving transportation services and mobility supports.
- Enhancing digital literacy and technology access.
- Developing directories of local services and community supports.
- Expanding wellness clinics, meals programs, and home support.
- Increasing opportunities for physical activity, social engagement, and intergenerational programming.
- Providing workshops and educational opportunities focused on health, wellness, and safety.
- Strengthening volunteer recruitment, wellness checks, and friendly visiting programs.
- Supporting individuals living with dementia and their caregivers.

Wheels for Wellness Indian Head Inc. is one of the programs that received a grant in 2026. This is a provincially registered non-profit volunteer-driven transportation service in Indian Head which provides affordable, reliable door-to-door shuttle service for rural residents to health and wellness appointments in Regina, Saskatoon, Weyburn, Moose Jaw, Melville, Yorkton, and other centres. The program addresses the critical lack of public transportation for long-distance medical travel, primarily serving seniors (who comprise 99% of passengers).

By January 24, 2026, it had completed 81 trips transporting 97 individuals using a leased 2025 Chrysler Pacifica, supported by a Board of Directors, volunteer dispatchers, and 28 trained volunteer drivers (mostly seniors). There are strong local partnerships with the Town of Indian Head, Indian Head Hospital, EMS, and Hayes Haven. They have raised over \$80,000 through donations and sponsorships while using a suggested donation model for rides.

Transforming the Future: *Older Adults Seize the Day*

Our annual conference followed a different format this year, with three sessions held on different mornings in April and May, featuring different topics and speakers for each. Each topic recognized the reality of life for older people today including analyzing the effectiveness of how societal systems support older people. Participants explored how they can take action to effect change for the future and feel comfortable doing advocacy for themselves and others.

Beyond Ageism – Rockin’ into the New World

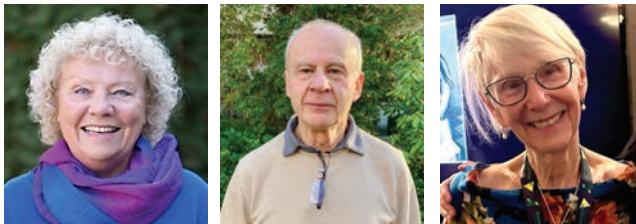
DAY 1 – April 21



Speaker Ashton Applewhite, an internationally recognized expert on ageism, spoke about the many ways ageism is expressed in our society and in our own thoughts, and suggested actions to take to counteract and combat ageism. Later in the morning, conference attendees participated in small group discussions over a range of areas where ageism is found and considered actions to take.

Healthcare – Rockin’ the Boat

DAY 2 – April 29



Steven Lewis, a health policy and health services research consultant, and Dr. Sally Mahood, a long-time family practitioner and advocate for primary care reform, spoke in conversation with SSM Board President, Shan Landry about the need for a fresh perspective on health care in the province, particularly as it relates to older adults. A new, more cooperative, way of providing health care in the province was encouraged. Later, small group discussions sought ways that the ideal could become reality and made suggestions and recommendations to the larger group.

Life Satisfaction as We Age – Older Adults Rock On

DAY 3 – May 12



Rod McKendrick, C.M., SSM’s Social Prescribing Coordinator, spoke about the strides social prescribing is making in the province and around the world. Social prescribing seeks to put into action some of the alternate ways of looking at health care as discussed on Day 2 of the Conference, by providing a more holistic approach to health care, promoting community-based integrated care and support.

Wendy Thienes, SSM’s Age-Friendly Communities staff person, spoke about the ways the Age-Friendly movement in communities across the province brings recognition of older adults’ needs, a way to address those needs, and opportunities to widen the possibilities for aging in place.



The small group discussions on Day Three focused on practical activism – actions we as individuals and as groups can take to bring about the changes we see are needed. Suggestions and recommendations were brought to the group as a whole.

Presentations by the Health Quality Council and Blue Cross rounded out the conference program.

Member Organization Consultation

At our SSM Member Organization Consultation on October 31, we shared with participants work the provincial government is doing on a Continuing Care Strategy. The possible vision for a Continuing Care Strategy we looked at was:

“Individuals are supported to remain at home and in their communities as long as possible. When community-based supports can no longer meet their needs, high quality and safe options are available.”

Participants were invited to discuss this vision and some possible components in table groups. The 35 participants were very eager to share their views and discussion was lively. Here are a few things mentioned:

- It needs to be about more than just health – all aspects of life
- Need to place more emphasis on “preventative” aspects of care
- If “care” means medical, increasing capacity or access is problematic. If “care” means support, it’s okay.
- Community connector model for all services/needs
- People need to have a choice
- Seniors Advocate needed for province
- Financial supports needed for those who want to stay in home of their choice
- Community clinic model – all under 1 roof
- There needs to be systemic political commitment to implement the strategy including policies & ensuring funding
- Risk that the strategy will require money the gov’t doesn’t have, rather than using existing money by doing things differently.
- Lack of services in small community
- Should involve multiple government departments
- Development of relationships and commitments to collaborate between agencies, provincial and federal government



Newsletter

Our News from SSM newsletter was distributed 7 times to communicate important information about SSM activities and share information on a variety of events, research and presentations that might be of interest to members of the organizations.

Special Anniversaries

Two Member Organizations celebrated special anniversaries this year:

SRA's

50th Anniversary
in October

SCOA's

35th Anniversary
in June

SSM was delighted to send congratulations and bring greetings.

OTHER SSM ACTIVITIES

Meetings with Government

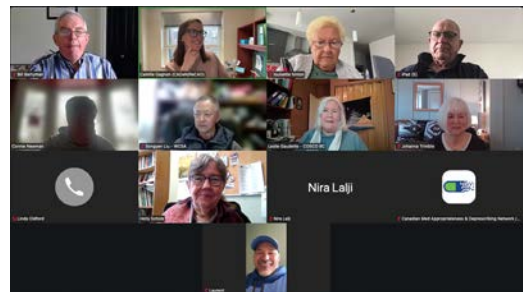
We continue to hold meetings with government including the Community Care Branch of the Ministry of Health, with the Minister for Seniors, and with the opposition shadow minister for seniors.

- Minister Carr regarding Facilitating Independence Grants (FIG) and Age-Friendly Communities. We discussed what FIG might look like in the coming year and reaffirmed the need for funding for Age-Friendly – October 15, 2025
- Assistant Deputy Minister Chad Ryan and Community Care Branch staff to discuss Social Prescribing and how we can move it further onto the agenda of the Ministry of Health – December 3, 2025
- Key SHA Primary Health staff to discuss social prescribing – April 13, 2026
- Keith Jorgenson, NDP shadow minister for seniors, to discuss social prescribing – April 22, 2026
- Thrive at Home consultation on Ministry of Health Continuing Care Strategy – September 5, 2025
- Meetings with Chelsey Steiner from Community Care Branch of Ministry of Health

Canadian Medication Appropriateness and Deprescribing Network



Our executive director participates 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 who work together to produce and share information and resources to promote the safe and appropriate use of medications.



SHA Primary Care Access and Attachment Consultation

Linda Restau attended this consultation. Her feedback:

- Need to ensure access
 - Need a centralized patient attachment registry
- Need to expand/stabilize the health workforce
 - Increase training seats
 - Reduce administrative burden
 - Implement competitive compensation models
- Scale up team-based care
 - Blended funding models to reward collaboration
- Improve wait times
 - By advanced access scheduling
 - Targeted rural incentives
 - Expand virtual care and outreach
- Improve use of data systems
 - Standardize and integrate the electronic medical record
 - Use real-time dashboards
- Increase community involvement in system design
 - Collaborate with community organizations such as SSM around things like Social Prescribing

Caregivers Week



We requested that April 5-11 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.

Community Based Seniors' Services (CBSS) sector

SSM continues to be involved in this work at a national and provincial level. Holly Schick is part of the Canadian CBSS Leadership Council, an advisory group for this work nationally. Consultations were held in Saskatchewan to discuss ideas on how to strengthen the CBSS sector in Saskatchewan.

Here is a glimpse of what was said regarding the CBSS sector in Saskatchewan:

Strengths	Challenges
<ul style="list-style-type: none"> - The resources and knowledge that already exists; can be scaled through more in-person and online collaboration and communication - Education (e.g. info sessions at libraries and the SUG) - Age Friendly programming, infrastructure, data analysis, leadership, and community-development model - Leadership and advocacy for seniors (e.g. BC's Senior Advocate and CBS in BC). - Data collection from NIA - Passion of individuals - Informal caregivers, family, and friends; can be scaled through better supports 	<ul style="list-style-type: none"> - Lack of awareness of what programs/services are being offered and how to access them - Offering enough services - Lack of volunteers - Lack of transportation, particularly in rural areas - Lack of funding and senior finances - Technological barriers - Lack of communication and collaboration - A need to be proactive with an upstream, preventative approach - Lack of advocacy - Public perception of seniors and healthcare
Opportunities	Future state
<ul style="list-style-type: none"> - Developing/implementing a service navigation system - Utilizing technology to improve communication channels - Being proactive/focusing on upstream preventative care - Advocating - Collaborating: using SSM and CORE to exchange resources/ideas - Establishing a provincial and national seniors' strategy 	<ul style="list-style-type: none"> - Services would be more accessible and easier to navigate - Expanded Age friendly communities - Improved transportation - More collaboration and coordination on the provincial and national level - The government would lead a seniors' strategy, with input from older adults - Government support for aging in place - Guaranteed livable income - Taxes would pay for services - Ongoing, sustainable core funding - Investment in preventative care - Older adults would feel connected to each other and communities, with better mental and physical health

In June, Randy Dove and Holly Schick attended the CBSS Summit in Winnipeg with the theme 'The Power of Community – from Local Vision to National Action on Aging'.

Thrive at Home (SK Health Quality Council)

This year Thrive at Home continued its 'action hubs' to strategize and pilot initiatives in three key areas – transportation, navigation, and home supports.

Related to the Thrive at Home collaboration with HQC, we attended some meetings with Healthcare Excellence (HEC) Canada that led to Rod McKendrick and Holly Schick participating in an HEC project to create a report on various Aging in Place program models. SSM provided input on social prescribing.

New SSM Domain

We are moving to using '@skssm.ca' for our emails. It is shorter and easier for people to remember. It doesn't change anything for anyone who currently has our email addresses in their system – the new one is effectively an alias, and it all ends up in the same place.



FYidoctors Donation

This year, SSM was chosen by FYidoctors-Regina-Grasslands as the charity they wished to support through their the FYidoctors/Visique Enhancing Life Foundation. The proceeds from their sale of glass cleaner and cleaning cloths, totaling \$7,572.57, were donated to SSM.

Saskatchewan Health Research Fund (SHRF)

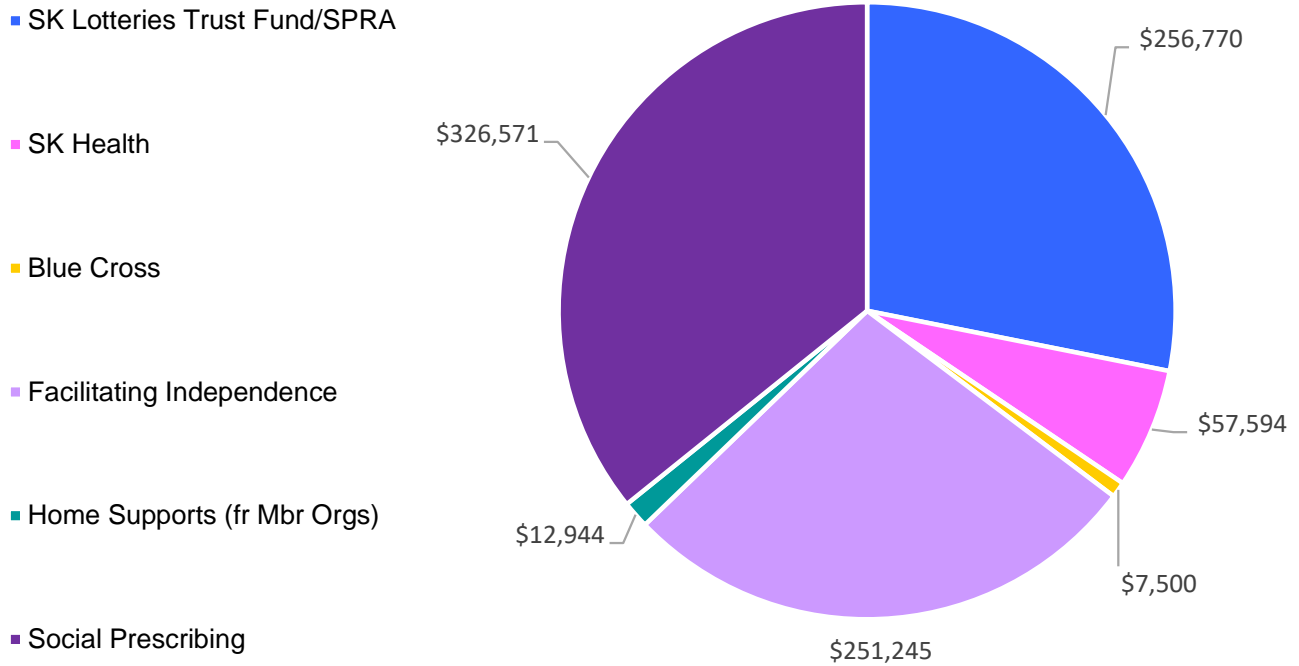
We participated in discussions with Jacob Alhassan, Assistant Professor, Department of Community Health & Epidemiology, to assist with his application for a SHRF grant for a project on B.R.A.I.N. – Building a Community Resource for Accessible Interventions and Navigation: Socially Prescribing Transportation for Older Adults' Brain Health and Wellbeing in Saskatchewan. This grant was not approved at this time, but it will be reworked and submitted again in the future.

Let No One Be Alone Week

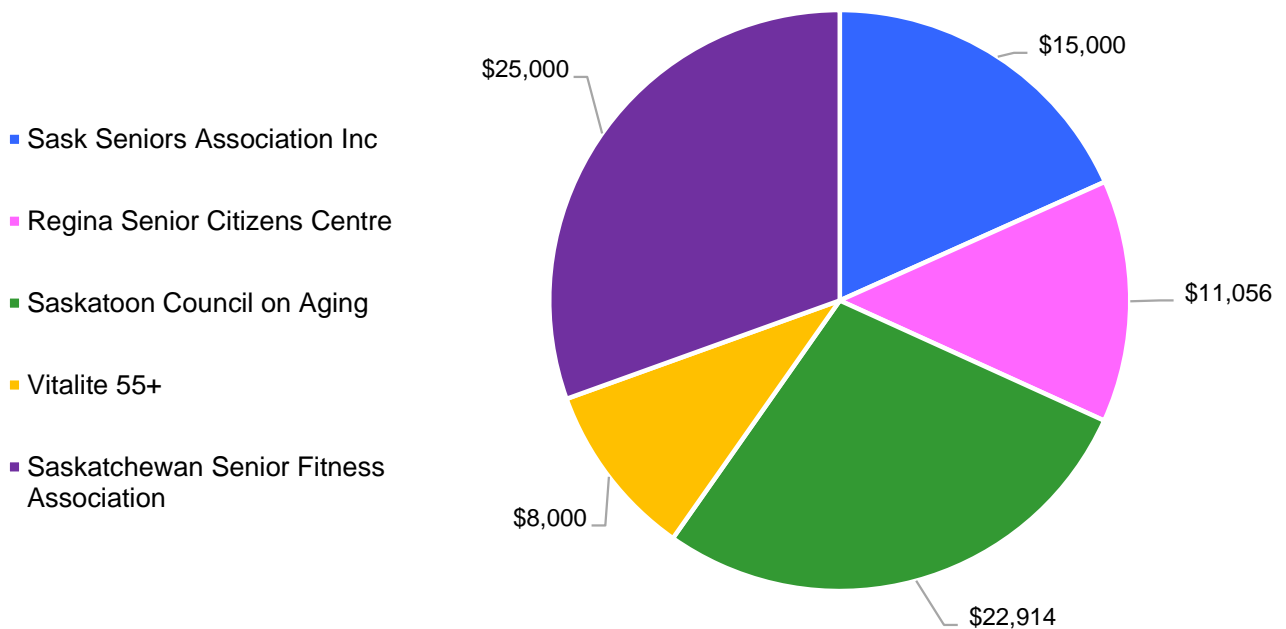


We encouraged participation in Let No One Be Alone Week in connection with Valentine's Day. Resources on the impact of loneliness and ideas on how to address it were shared on our website and through social media.

Grants Received by SSM 2025-26



Grants to Member Organizations 2025-26 (funded from SK Lotteries Trust/SPRA Grant)



**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.**