

# GRAY MATTERS

Published by SSM  
Fall 2026



Volunteers



Caregivers



Mentors



Workers

## Why communities **NEED** older people

## A Healthy Community Values Everyone's Contributions

In 2021-22, I was part of Saskatoon Council on Aging's (SCOA) major research project on the effects of the pandemic on older adults in Saskatoon and area. Entitled "Beyond the Pandemic" the research involved over 450 people over the age of 65 completing a lengthy questionnaire on-line and a further 50 people participating in 8 Zoom focus groups. The results of the research focused on many pandemic related elements of older adults' lives from physical and emotional health to community engagement and policy ideas.

The research revealed health systems changes during the pandemic as well as the overwhelming feelings expressed about older adults feeling undervalued and "invisible". Participants described the effects of isolation and the precautions to guard against illness that had changed their behaviour beyond just pandemic times. In fall 2022 after most restrictions were lifted, they remained vigilant about going into large crowds, were more selective about what kind of social events they attended and who they spoke to about politics, vaccines and public health issues. Many believed (regretfully) that these new ways of behaving were permanent. They would probably not go back to actively participating in their communities as volunteers and employees as they had before 2020.

Community-based organizations said they weren't surprised by the new limitations older adults were feeling. They told us their volunteer recruitment had become far more challenging as their usual reliable pool of retired capable older adults had shrunk considerably. Organizations said that before the pandemic they had been used to older adults being the bulk of their volunteer work force. For example, the food bank counted on a large volunteer team and afterschool programs used older adults to help with reading skill development and recreation supervision. The changes of the pandemic uncovered widening gaps in the infrastructure of our community functioning. The research brought home to our SCOA committee what we had always intuitively known; older adults are active contributing members of their communities and as the immediate aftereffects of the public health crisis showed us, they were/are critically important as a part of thriving communities. As the song says, "you don't always know what you got 'til it's gone!"

The idea that retirement is a time when we start sitting back doing nothing is largely a myth. A friend of mine says her group of retired health professionals is full of people who in her teasing words "failed retirement!" Every month she reports on more of her former colleagues who just went back to part time work because they were needed or wanted to keep involved. They, like many others we know, still work part time or spend much of their days and evenings and weekends volunteering for a multitude of organizations from churches to shelters to sports groups. Another friend said to me recently "I am not sure how the world would keep operating these days if it weren't for grandparents. When I drop off and pick up my grandson at his playschool, I am surrounded by other grandparents. Without us to manage these awkward time schedules many children wouldn't be able to take part, learn and grow in their early years as their parents can't work and manage to get them to these important opportunities".

Today, we are happily aware that the withdrawal from active volunteering and the workforce hasn't been as permanent as many predicted. Many seniors have slowly returned to being involved and making their contributions. We may have learned how to be more selective and judicious in how and when we get involved, but we have integrated our presence and value back into a diverse and thriving community system.

**Let's not discount the value of every age and stage in making the world go round. Let's not wait until it's gone before we realize what we've got.**

*Shan Landry*



# GRAY MATTERS

Volume 31 Issue 3 - Fall 2026

Published by

## SSM

*Older Adults Moving Forward*

SSM is an umbrella organization that brings together groups of older adults who offer their wealth of experience, knowledge and time to work together in the interest of seniors in Saskatchewan. From a wide range of backgrounds, these groups work selflessly to better the life of older adults, whether advocating about issues of interest to seniors, providing specific types of programming, or sharing information to benefit seniors in our province.

### SSM Member Organizations:

Canada Post Heritage Club - Golden Sheaf Chapter  
C.A.R.P. Saskatchewan  
Moose Jaw & District Seniors Association  
National Association of Federal Retirees  
Power Pioneers Association of Saskatchewan Inc.  
Regina 55+ Community Centre  
Saskatchewan Union Retirees Federation  
Saskatchewan Retirees Association  
Saskatchewan Seniors Association Inc.  
Saskatchewan Senior Fitness Association  
Saskatoon Council on Aging  
Saskatoon Services for Seniors  
SaskTel Pioneers Chapter 59  
Senior Power  
Seniors' University Group  
Superannuated Teachers of Saskatchewan  
Vitalité 55+ Saskatchewan  
Women of the Dawn

### Supporters of SSM:

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

### Partner:

Saskatchewan Urban Municipalities Association

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

# contents

- 2 **PRESIDENT'S MESSAGE**
- 4 **AGE-FRIENDLY:** No Best Before Date on Us
- 6 **GUEST COLUMN:** Lorne Calvert  
Off his Rocker
- 8 **SOCIAL PRESCRIBING SUMMIT:**  
Solving the Health Care Puzzle
- 9 **MESSAGE FROM MINISTER OF SENIORS:** Lori Carr
- 10 **ASK AUNTIE AGEISM**
- 12 **SOCIAL PRESCRIBING**
- 13 **THEME:** Why Communities Need Older Adults  
A Future of All Ages
- 16 **BLOOMING PERENNIAL:** Jim Harding
- 19 **FRAUD AWARENESS:**  
Stay Calm, Stay Safe: Recognizing and Avoiding Scams
- 20 **FITNESS:** Staying Healthy this Holiday Season
- 23 **DEPRESCRIBING:**  
5 Questions to Ask About Your Medications
- 24 **BLUE CROSS:**  
Ways Older Adults can Help Communities Thrive
- 25 **FIG:** Older Adult Contributions to Community
- 27 **CENTURY CLUB CORNER:** Ken Mitchell
- 28 **SSAI NEWSLETTER**

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

Look for Gray Matters to be available quarterly:  
January, April, July, October.

Articles for consideration for publication are welcomed. Deadline for submissions is the first day of the month preceding publication.

Acceptance of advertising does not imply endorsement by Gray Matters or SSM. Information regarding rates and policy available on request. Gray Matters can be contacted at the SSM Office:

#112 - 2001 Cornwall St., Regina, Sask., S4P 3X9.  
Phone (306) 359-9956; Email: [ssm@skseniorsmechanism.ca](mailto:ssm@skseniorsmechanism.ca)

<https://skseniorsmechanism.ca/>



Printed by:  
Administration Centre Printing Services  
111-2001 Cornwall Street, Regina, SK S4P 3X9



*Seniors Working Together*



# No Best Before Date On Us

**W**e all want to feel needed, included, respected and involved, particularly when it comes to matters that directly affect us. It's easy enough to say that communities NEED older adults, but how can communities ensure that this is put into practice?

It's as simple as committing to becoming an Age-Friendly Community.

The need for older adult leadership, input and engagement is critical in the Age-Friendly model. The global Age-Friendly Communities process was first introduced by the World Health Organization in 2006. It promotes healthy, accessible, inclusive communities where all people are valued, included and supported. The key principle underlying this age-friendly framework is that older adults **MUST** be involved in assessing the needs of their local community, based on their perspectives and lived experience, and in helping to create action plans to address identified gaps. Older adults **ARE** needed.

Age-Friendly Moosomin exemplifies this, and they have fun doing it! As their t-shirt states, "No Best Before Date on Us"! Older adults can be active leaders and participants in any community.

The Age-Friendly model strengthens the amazing resources you already have – your citizens. It creates a space for citizen engagement to provide guidance and leadership that can also support the local municipality's efforts. Older adults are perfect candidates for leadership of this initiative, while engagement with all citizens is encouraged. Age-Friendly isn't the work of just one segment of the demographic. The Age-Friendly journey requires greater collaboration between local government, organizations, institutions, community members, and among generations.





## Nothing About Us, Without Us

We are all aging. Wouldn't it be nice to know that our input, experiences and perspectives are considered and respected along our aging journey? Who knows better what our own needs are, than us? The age-friendly model ensures that older adults' voices and perspectives are heard through involvement and leadership on the committee, and by having the opportunity to provide input on needs and gaps in the community. Is this enough, though?

## Done By Us, For Us

Older adults bring experience, knowledge, skills and wisdom to their communities and want to continue to contribute, inspire, and help to create a community that provides a place to live with independence, respect and dignity throughout their lives.

How can we make the shift from only consulting with and including older adults to encouraging them to lead in the areas of employment, volunteerism and civic duty? Here are some examples of popular age-friendly community initiatives. With some small shifts, these programs can be even more impactful for older adults.

People of all ages may find it difficult to keep pace with the everchanging technology that our world is exposed to. However, there are several older adults who are very tech savvy! We often see Age-Friendly Tech Time programs that pair older adults with teenagers where the younger generation tutors the older one about the technology of the day. Intergenerational interaction like this is very valuable and these programs are highly successful! However, consider if there is also an opportunity to have older adults who DO know technology become the leaders of these technology classes for other older adults.

Forever...*in Motion* is another fantastic program with fitness classes geared toward aging adults. Instructors may be of any age, so consider the older adults in the community who may be interested in taking the training and offering leadership of these for their peers.

Intergenerational programs continue to grow and are invaluable for building relationships, creating respect, and reducing ageist perceptions and actions among generations. These programs tend to be coordinated from a source such as a school, library or Age-Friendly committee. What if we asked more older adults to lead and coordinate these programs, or to design programs based on their own skills and interests?

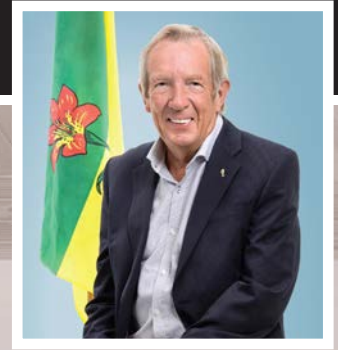
As we move toward 'Done By Us, For Us', we NEED older adults to take on active leadership roles and to provide their valuable input and perspectives on all aspects of community life. Age-Friendly Communities can facilitate that.

We see you.  
We need you.

– Wendy Thienes, Age-Friendly Saskatchewan Staff

## GUEST COLUMN:

*Lorne Calvert, Premier of Saskatchewan 2001-2007*



# Off His Rocker

## Saskatchewan Seniors Engaged in Their Communities

Some of us were in our twenties in the seventies. Now we are in our seventies in the twenties.

Back in the 1970's we were watching the television series "Petticoat Junction" and many of us will remember Edgar Buchanan who played "Uncle Joe", the stereotypical senior in the cast. Uncle Joe spent the most of his time in a rocking chair on the porch of the Shady Rest, to be roused only by Kate's snap of his suspenders.

Fast forward to 2026 and the stereotypical senior in Saskatchewan today is a far cry from Uncle Joe. Our seniors are no longer on the porch of our communities. Today Saskatchewan seniors are the healthiest, most active and longest living generation of older people in the province's history. Today older adults are more engaged and more active in our communities than ever before. Today seniors over 65 years of age in Saskatchewan represent 17% of our provincial population but a much larger percentage of Saskatchewan community engagement.

Statistics Canada indicates, "across Canada, 16% of seniors aged 65-74 maintain an active membership in a service club or fraternal organization. 46% of older seniors aged 75+ remain active in community groups or organizations. 54% of seniors 65+ participate in at least one type of formal group, social club, sports league or religious organization." Older adults give the highest number of annual volunteer hours on average to their communities compared to any other age group. The highest voting rate in the population of Canada is with people aged 65-74 with a turnout of 77.6%. And experience indicates that all of these numbers will be higher in Saskatchewan and higher still among seniors in some of our smaller communities.

Attend the meetings of almost any service club and note how seniors in the club represent well more than their 17% of the total population. Worship with a religious community and see the numbers of older people at prayer and work. Participate in a fundraising effort or respond to a call for volunteers and find that seniors lead the way. Attend any Rider game and note how many of the green and white jerseys in the stands are under grey and white hair!

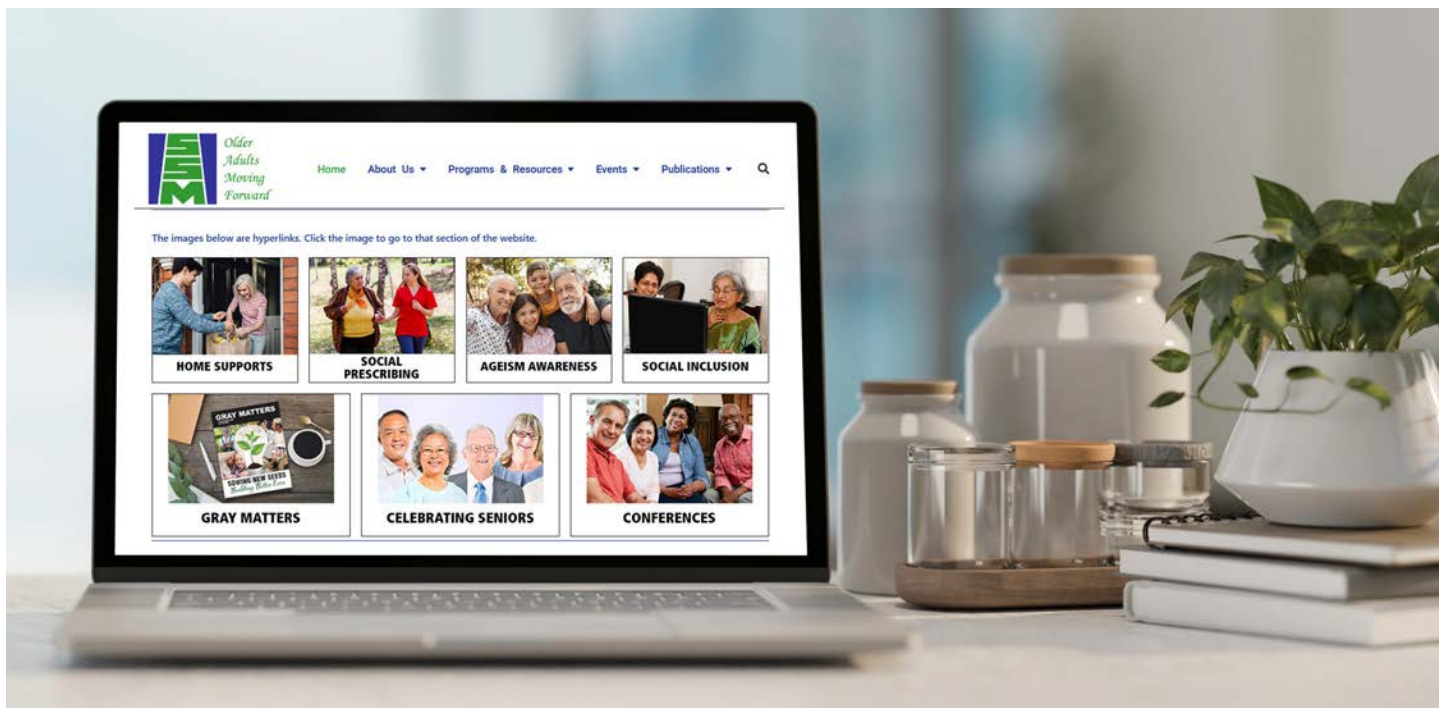
Older adults bear economic, investment, and purchasing clout in today's economy. Active seniors are shaping public opinion. Committed seniors are the backbone of Saskatchewan's volunteer sector. The voting senior will determine the outcome of elections.

And more and more, Saskatchewan older adults are growing in the role of elder – the custodians of our stories, the recorders of our legends, the upholders of the values of a caring community.

There is no question, Saskatchewan seniors today are more active in our province's life than ever before.

Saskatchewan's seniors have a deep appreciation of nature, of wildlife, of environment; they care deeply about our children and youth and care deeply about accessible health care for themselves and everyone; Saskatchewan's seniors understand economics, affordability, the cost of living and have things both personal and emphatic to say about them; and Saskatchewan's seniors are caring for our neighbours and our communities in unprecedented ways, punching well above their weight!

So public policy planners, law and regulation makers, councillors, legislators and parliamentarians take note: Uncle Joe is off his rocker and he's not about to go back any time soon!



## Want to find out more about all of SSM work?

Please visit our 2 websites – SSM and Age-Friendly Saskatchewan

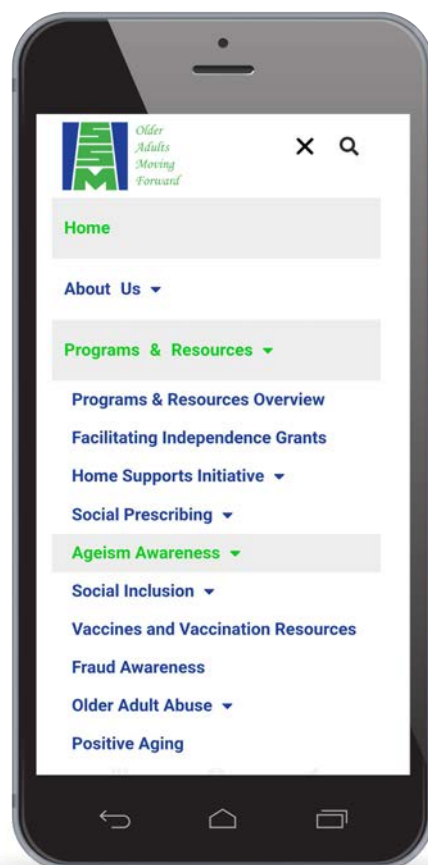
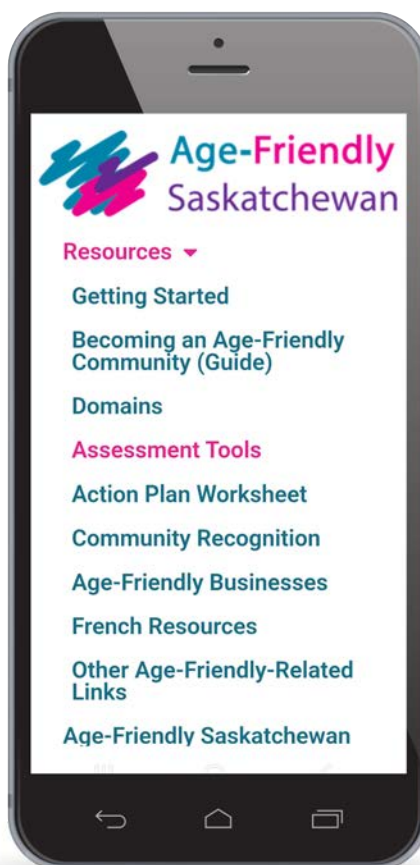
You will find nuggets of information – more than we can ever send out in print and messages. Visit often, the sites are regularly updated. We welcome feedback and suggestions.



SSMSaskatchewan  
[skseniorsmechanism.ca](http://skseniorsmechanism.ca)



Age-Friendly Saskatchewan  
[agefriendlysk.ca](http://agefriendlysk.ca)



# Solving the Health Care Puzzle



**SAVE THE DATE – December 1, 2026**  
**Conexus Arts Centre, Regina | 9:30 am - 4:00 pm**

*“Social prescribing is a personalized, community-driven approach to care that addresses the social determinants of health by connecting individuals with non-clinical supports and services within their community. This approach is based on the idea that an individual’s health is directly related to their connection to the community in which they live, work, and grow.” (KPMG report on A Healthier Canada)*

SSM is currently piloting a 4-year initiative to introduce social prescribing in 12 communities.

SSM will hold a Social Prescribing Summit on December 1st to bring together representatives of municipal and provincial governments, SHA, HQC, academia, community-based organizations, media, and representatives of other jurisdictions where social prescribing is active.

## The purpose of the day is:

- To examine the success of the SP initiative by sharing data including ROI, stories, information, and experiences.
- To interact with and learn from those who are implementing social prescribing in Saskatchewan and elsewhere
- To envision the foundation for sustainability of social prescribing in Saskatchewan.

**The entire day will focus on interaction and discussion as we work together to find creative ways to sustain and grow social prescribing throughout Saskatchewan.**

## Speakers Include:



**Sir Sam Everington**  
Professor, MD, Barrister, OBE  
London, UK



**Dr. Jordan Wingate**  
Deputy Chief Medical  
Officer, Integrated  
Northern Health, SK



**Dr. Michael Routledge**  
Medical Advisor to the  
Manitoba Association of  
Senior Communities



**Bobbi Symes**  
Director, Healthy Aging,  
United Way BC



**Beth Mansell**  
Provincial Social Prescribing  
Project Manager,  
Healthy Aging Alberta

# The Honourable Lori Carr

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



Our government is committed to building a more accessible, coordinated, and resilient health system for Saskatchewan residents.

Since we announced our ambitious **Patients First Health Care Plan** in March 2026, significant progress has been made across our health-care system. We recently mailed a brochure to all Saskatchewan residents with details of that progress.

I'll discuss that update shortly. First, I'll provide some context. The health plan is designed to improve access to care and ensure that everyone receives the right care in the right place at the right time.

Across Canada, health care is facing increasing pressure from rising demand, aging populations and workforce shortages. Our Patients First Health Care Plan accelerates work already underway to improve access to health services by increasing the number of health care providers and giving patients more health care options.

There are many details in the plan, but I would like to share some highlights. The plan includes increasing the number of and expanding the **scope of practice for all health-care professionals**; expanding access to **virtual care**; increasing the number of and access to **Urgent Care Centres**; continuing to recruit, train and increase the number of **doctors, nurses and nurse practitioners**; and expansion of diagnostic services such as **MRI, CT and PET-CT scans**.

Having provided this background, I'm excited to highlight several accomplishments since introducing the plan in March:

- Expanded nurse practitioner contracts and removed limits on contract numbers;
- Opened 24 acute care beds at St. Paul's Hospital in Saskatoon;
- Estevan MRI began operating in St. Joseph's Hospital;
- Launched a second mammography unit and extended the Out-of-Province Breast Assessment Program;
- Expanded pooled referral systems province-wide;

- Enhanced security services in five of eight new communities; and
- Increased the College of Medicine postgraduate residency seats by 10 and added 20 medical school seats.

There are many more details in the Patients First Health Care Plan – and more accomplishments in the Progress Update. I encourage you to read the plan at [saskatchewan.ca/patientsfirst](https://saskatchewan.ca/patientsfirst) to understand the great work that is being done.

Our government has also developed a new **Continuing Care Strategy**. The goal of the strategy is to support more residents to live independently at home and in their communities for longer. When community-based support can no longer meet their needs, high-quality and safe options continue to be available.

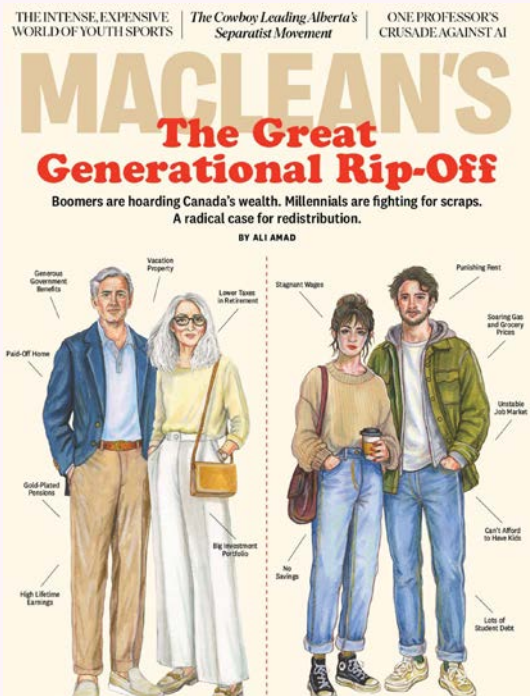
The strategy was developed with the help of more than 200 stakeholders representing 1,500 citizens in August and September of 2025.

New funding of \$9.2 million will support a rural and remote dementia program; improved home care services; enhanced inspections, oversight, quality improvements and staffing for new beds in locations such as Regina and La Ronge.

Aligning closely with the Patients First Health Care Plan, the Continuing Care Strategy is about ensuring that people receive the right care, at the right time, in the right place. It is a work in progress and lays a solid foundation that we will continue to build on in future budget years.

As Minister for Seniors, I will continue listening to you to ensure you're getting the care you need when you need it. Please feel free to email my office at [ministerrrhe@gov.sk.ca](mailto:ministerrrhe@gov.sk.ca), phone at 306-798-9014 or send me a letter at Room 208, Legislative Building, 2405 Legislative Drive, Regina, SK, S4S 0B3

# Ask Auntie Ageism



Dear Auntie,

*I hope this image of a recent Maclean's magazine cover conveys why I am so angry and disappointed.*

*I am a couple of years younger than the Boomers. We own our home of 38 years in a medium sized Saskatchewan city. Mortgage is paid. We have done some renovations and cared for it with love. I am not sure what happened to hoarded wealth as implied by Maclean's cover, but our reasonable financial security is very valuable to us.*

*What the heck is Maclean's trying to do to help different generations besides imply that the oldest Canadians need to personally sacrifice to help younger generations?*

*The image conveys simplistic, hateful concepts. Ageism abounds!*

*Garth*

Dear Garth,

This is Maclean's September issue.

The image and accompanying words are very powerful. No wonder you reacted.

**"The Great Generational Rip-off**

**Boomers are hoarding Canada's wealth. Millennials are fighting for scraps.**

**A radical case for redistribution"**

The article lived up to its billing – essentially blaming Boomers for the wealth inequity and financial problems facing all generations today. No mention of the foundational causes of wealth inequity throughout the world.

I am puzzled and very sad to see a Canadian magazine describing societal problems with ageist concepts. Rather than realizing there is immense disparity in every age group and recognizing the value that every person can bring to society, it opens the door to resentment and critique – and a path that can spiral downhill to hate. Polarization grows!

Maclean's raises "generational conflict" as a growing reality and loudly encourages people to pick sides that will perpetuate generational tension.

Canada and much of the world has huge wealth inequality. It doesn't apply only to older and younger age groups. Some older people who were younger adults 50 years ago may have enough financial security to weather the inequality storm. Some older people live in poverty, while some are wealthy. However, many people in every generation are living with insufficient income to cope with living costs. Wealth inequality and its effects are growing at an astounding rate.

The most damaging result of this kind of publicity is to emphasize blaming another generation rather than digging deeper to address the systems that feed wealth inequity.

Wake up people! We must not encourage generations to fight with one another.

We are in a class war, not a generational war.

Consider the obscene raises in compensation to CEOs and upper management while wages are stagnant, and the wealthy (younger and older) campaign against unions and workers - and want governments to disallow strikes. Why would management negotiate seriously if they believed that workers would be legislated back to work if negotiations ‘failed’?

The Canadian Centre for Policy Alternatives recently compared 1975-1976 Canadian data to 2024-2025. 1975-1976 costs are inflation adjusted at standard Consumer Price Index.



|                                           | 1975-1976 | 2024-2025                        |
|-------------------------------------------|-----------|----------------------------------|
| Median income for individuals age 24 - 55 | \$56,854  | \$59,712<br>(earning 5% more)    |
| Average price of a single-detached home   | \$189,171 | \$849,100<br>(costing 349% more) |
| Average undergraduate tuition rate        | \$3,102   | \$7,485<br>(costing 141% more)   |
| Average cost of a new automobile          | \$30,506  | \$53,444<br>(costing 75% more)   |

Ageism is the concept that allows people of different age groups to objectify another person and another age group. When ageism is embedded in a person, in groups and in society, laying any blame at the feet of ‘others’ is easy. (Even if highly inaccurate.)

What can we possibly do to counteract the kind of ageism shown by Macleans or in any other place? You did the important task of raising the issue, Garth!

We can shine the light of critical thinking and accurate data wherever possible. Auntie intends to contact Macleans magazine about the September Issue.

Most importantly, don’t hesitate to talk with family, friends and community members about this kind of issue. Often people are afraid to say much because – we are polite, we don’t want to cause trouble, we don’t want to be isolated because of our views, etc. Speaking out can open the room for others who are holding back from speaking. One warning – an opinion is not a fact. Be prepared to ask one another for specific examples and data that backs up opinions.

Finally, let us all make as many valuable contacts as possible with people of all ages – so that we can speak and work together to improve everyone’s lives.



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

## SOCIAL PRESCRIBING



### Why communities NEED older adults

When we think of the community in which we live, we sometimes just say the name of our village, town or city and then move on. However, we really need to consider our sense of community and what that means to us. For older people living in the communities, this is important as it affects their feeling of being safe and accepted but they also want to know that what they have invested in the community in various ways over the years is not lost or forgotten.

Communities thrive when all residents, no matter what age they may be, work together to bring out the best in the community.

However, have we taken the time to consider if our community is ready for older people, as they continue to age? If we look at who volunteers in our community, we may find that it is older people who volunteer and assume that they have more time to give to do all the things that happen in the community. What will the community do when those individuals are no longer able to take on those roles? This is an opportunity for younger residents to work with older people to gain insight into what it takes to help the community thrive and learn from their expertise and skills. At the same time, it gives the older person the opportunity to mentor others in the community about its history, pass on skills and inform them of who to go to when they need help with things.

As a community we sometimes forget that activities are supported financially by older people and they, along with other residents, are the consumers of services and local products. If older people are no longer able to reside in the community, due to lack of services, supports and acceptance and move to another community, then the community loses a portion of its tax base – and the energy and help these people have provided to the community.

We all in some way contribute to the growth of our community no matter what age we are. Community leaders need to consider all age groups who make up the community when developing services and supports.

– Rod McKendrick





# Why communities NEED older people

Some of you may look at that theme statement and think, "So what? Communities need all their people. Why select one age group? And if you do, maybe it should be young people!"

The realities of today lead us to look more deeply into community life. Of course, communities need all ages. Of course, they don't want most of the young adults to head off to other places. However, when city and town councillors are looking at planning and budgeting, what areas seem the most attractive in which to invest money and time? Often it is assumed that older people are doing fine (as they always have).

Stories in this magazine illustrate how many ways that older people provide essential services within communities by:

- volunteering (huge!)
- caregiving (huge but often unacknowledged)
- providing leadership in organizations and community initiatives
- owning businesses that employ others
- being employees/workers that keep businesses going
- mentoring others at work and in organizations
- providing community history
- paying for the services and products they want
- paying taxes

This theme is intended to speak to communities – especially community leaders and those who pay attention to community policies, planning and investing.

Are you ready for a growing older population, that could live healthy and productive lives as the aging journey moves

through the oldest stages? The oldest stages involve health deterioration. Therefore, the community needs to provide different kinds of support. Reality based studies show that there is no doubt that enabling older people to live independently (NO, make that interdependently) in the appropriate home of their choice is much less expensive than institutional care. Plus, the older adult can continue to contribute to family and community as they are able.

By the way, EVERY child, adult or older adult lives interdependently in communities. No one is completely independent. Interdependence just shows more clearly when any kind of support is needed. Thus children, people with mental challenges, physical ability challenges, chronic disease challenges all need support. When governments provide generous and appropriate support many other problems disappear.

For help in considering how your community can prepare for and maintain its older population, you can check out Age-Friendly communities. Age-Friendly communities enable older adults to offer their perspectives on what might be needed in the community. Most importantly, they work toward providing the best services for all ages, encouraging inter-generational engagement, and working toward a bright future for the community and its inhabitants.

**Visit Age-Friendly Saskatchewan website:**  
<https://agefriendlysk.ca/>

– Linda Anderson,  
 Communications & Ageism Awareness



# A Future for All Ages

**W**e in Saskatchewan are not alone in facing significant societal change as advances in public health and social and economic management lead to longer lives. This is happening throughout the world.

*The United Nations Economic Commission for Europe (UNECE) is a regional organization created in 1947 to promote economic cooperation and sustainable development among its member states. It includes 56 member countries from Europe, North American, Central Asia and Western Asia. Canada is a member.*

The Regional Implementation Strategy (RIS) is the regional policy framework adopted by the UNECE to provide strategic direction for national policies to handle both individual aging (promoting rights and well-being) and population aging (adapting societal systems and physical environments). The article below contains material from the RIS evaluation of the past 5 years and plans for the next 5 year cycle.

The language in the report is formal – but the goals and objectives are clear and essential. It is well worth careful reading even though we could only choose some of the highlights of the report. We hope you will recognize some of the suggested strategies that SSM has included in its work for several years. The goals and strategies are well-known concepts – but these solutions are not universally supported by government policies and actions.

Population aging is not merely a demographic trend but a transformative societal change requiring renewed social contracts, strengthened intergenerational solidarity and fairness, and rights-based policy responses. The Implementation Strategy is based on interconnected and outcome-oriented goals, and strategies to meet those goals:

## 1. Change the narrative on aging and older persons

Despite major gains in longevity and the growing diversity of older persons' roles in society, public narratives continue to emphasize burden, decline, homogeneity, and crisis. Such narratives distort demographic realities, reinforce ageism and obscure both the opportunities of longevity and the significant contributions of older persons. Crisis-oriented framing can weaken support for investments in key policies, while negative portrayals can reduce participation and erode intergenerational trust and confidence in institutions.

- ✓ Make older persons' contributions visible
- ✓ Combat ageism by addressing attitudes, behaviours and institutional practices
- ✓ Reframe longevity as an achievement of development and a driver of societal opportunity
- ✓ Foster intergenerational solidarity and fairness in public policy

Narratives of generational conflict weaken social cohesion. Such framing, though not based on evidence, reinforces divisions in access to resources, participation and opportunities, particularly where inequalities across income, gender, employment and life course experiences persist.

## 2. Support lifelong learning, skills development and digital inclusion

- ✓ Ensure sufficient and inclusive access to learning opportunities across life
- ✓ Ensure digital inclusion and equal access to technology and public services
- ✓ Improve digital literacy and promote the safe use of digital technologies

### 3. Enable and value participation and contribution across life

Valuing participation in its different forms – including paid and unpaid work, caregiving, volunteering and civic engagement – requires removing structural and age-based barriers, fostering inclusive environments, enabling intergenerational exchange, and recognizing contributions across the life course.

- ✓ Enable diverse work transitions across life
- ✓ Recognize and support unpaid contribution and civic engagement
- ✓ Ensure full, equal and meaningful participation in public decision-making

### 4. Foster well-being, autonomy and independent living

Well-being, autonomy and independent living are central to quality of life at all ages, supported by accessible environments, inclusive communities, strong social connections and access to essential services. Social connectedness is critical to resilience, enabling individuals to maintain independence and participate fully in community life. Autonomy depends not only on individual circumstances but also on the social, economic and institutional conditions that enable people to exercise choice and control over their lives.

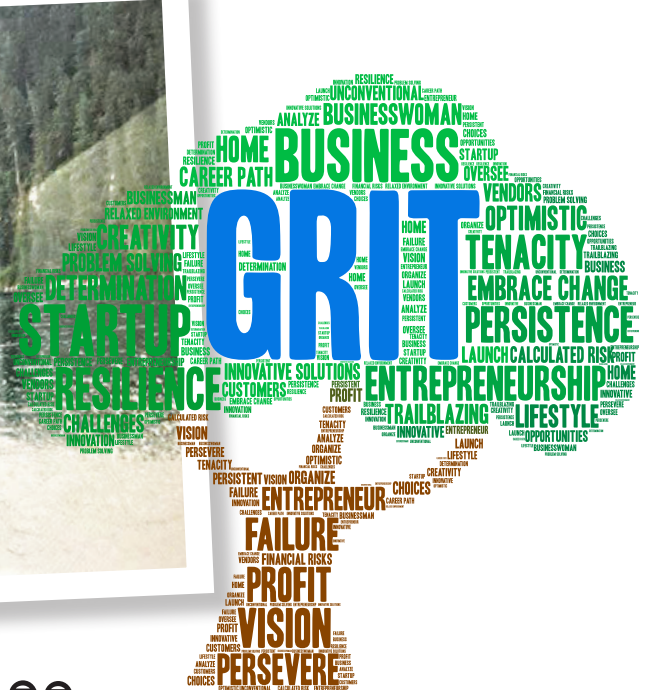
- ✓ Promote equal access to community life
- ✓ Create enabling environments for participation
- ✓ Ensure access to affordable, accessible and age-adapted housing
- ✓ Build connected and supportive communities

### 5. Enable healthy living in caring communities

Health outcomes in older age are shaped not only by individual behaviours but also by social, economic and environmental determinants across the life course which affect opportunities for healthy aging, including access to services, living conditions and social support. As populations age, ensuring equitable access to integrated, person-centred health and long-term care systems becomes increasingly important. A whole-of-government and whole-of-society approach is required to strengthen health systems, build a sustainable and adequately supported care economy, promote prevention and ensure that care is accessible, affordable and responsive to diverse needs.

- ✓ Enable healthy living
- ✓ Foster mental health and emotional well-being
  - Strengthening community-based and psychosocial support systems, promoting social participation as a protective factor and ensuring that digital technologies complement – rather than replace – care provided by health and social care workers
- ✓ Ensure universal access to high-quality, person-centred health and social care
  - Support deinstitutionalization, strengthen community- and home-based services, integrate prevention, treatment and rehabilitation, and improve coordination across health, social and long-term care systems.
- ✓ Address workforce challenges in health and social care
- ✓ Support informal carers
  - Informal carers – often women and frequently older persons themselves – provide essential support that sustains families, communities and care systems, yet frequently face financial strain, limited respite and risks to their own health and well-being.
  - Recognize the diversity of carers, including young carers, strengthen community-based services that complement unpaid care, and promote a more equitable sharing of care responsibilities in the community, across society and between generations





## 16 Gray Matters

After early retirement, this experience enabled me to build a passive solar house, which I had imagined ever since I taught environmental studies. And to do this without the burden of a mortgage.

I have always lived with one foot on the land. And my spouse, Janet, and I still live in a coulee off the Qu'Appelle Valley. The seasons, the natural light, the trails and wildlife, our canine companions, all keep us alive.

I have been writing since teenager. Because of the opportunity to focus energy, since retiring, I have been able to write several books. The last (The Long Sixties, Fernwood, 2026), compiles autobiographies of several other social activists across Canada. There are many ways to get "old".

My seventies were one of my most active decades. I worked with others to save an old school from demolition and upgrade it as a community arts centre. The majority of the work crew were seniors.

Outliving dear friends and family can shrink our lives. All my life long male friends have now died, and my new friends are mostly in their sixties.

How we approach our aging, and make meaning in our lives, carries unintended consequences. The challenges of physical work, writing, working with others, staying engaged in the community, as my body deteriorates, have likely contributed to keeping my alertness. And, I trust, keeping me more resilient for the end-of-life challenges ahead.



a



**SPEERS**  
FUNERAL AND  
CREMATION SERVICES  
EST. 1907

2136 College Avenue  
Regina, Saskatchewan  
S4P 1C5

306.522.3232  
reception@speersfuneralchapel.com  
www.speersfuneralchapel.com

*Celebrating Lives Well Lived*



**Angels 4 Warmth Inc.**

We create and donate over 12,000 items annually through more than 60 donor recipient organizations

Requests include:  
Mitts, scarves, toques \*\* Protective hats used in NICU and the cancer centre \*\* Quilts and afghans in sizes from baby to full \*\* Special projects for schools and health centres

Find out more: Website link 

  angels4warmthsk <https://angels4warmth.wixsite.com/angels4warmthsk>

**A Wildlife Legacy...**  
Planned Giving



Living Sky  
WILDLIFE REHABILITATION

Planning your Estate?  
Contact us to discuss your wishes.

**306-281-0554** [www.LivingSkyWildlifeRehabilitation.org](http://www.LivingSkyWildlifeRehabilitation.org)



REAL ESTATE GUIDANCE FOR LIFE'S CHANGES

## A move doesn't begin with packing. It begins with a conversation.

Selling a long-time home can feel overwhelming. There may be belongings to sort, family to involve, timing to consider - and many questions about what comes next.

With more than 45 years in Regina real estate, I provide clear information, practical guidance and steady support - at your pace and with respect for your circumstances.

**You don't need to have everything figured out  
before calling me.**

**MERIEL GORDON**

REALTOR®

**(306) 537-0809**

[mgordon@reginaproperties.net](mailto:mgordon@reginaproperties.net)

[merielgordon.com](http://merielgordon.com)



## Problems with Long Term Care?

## Maybe I can help.

**Keith Jorgenson**

**MLA – Saskatoon Churchill Wildwood**

**Email:**

[saskatoonchurchillwildwood@ndpcaucus.sk.ca](mailto:saskatoonchurchillwildwood@ndpcaucus.sk.ca)

**Phone:** 306-250-1210



# Stay Calm, Stay Safe:

## *Recognizing and Avoiding Scams*



It seems that every time we open our phones or email, a new scam or fraud shows up. Scammers and fraudsters keep finding new schemes and enhancements of old ones. We are not helpless in this, however. We can prevail against them.

### **Most of the scams and frauds perpetrated have the same key elements:**

- They rely on creating a sense of panic and urgency.
- They insist on secrecy.
- They often want payment in odd forms, such as gift cards or cyber-currencies – these are almost impossible to get back, and they know it.
- They often target older adults. They assume we have financial assets, we are more likely to trust others, and that isolated people will respond to any contact. They believe we'll panic if it seems something has happened to a family member, or to our financial security. They prey on all these things.

### **A couple of the current “flavours” of scams and fraud are:**

- Grandparent scams with a twist: using AI (artificial intelligence), scammers and fraudsters use small snippets of a grandchild's or a friend's voice from an online video and create a believable-sounding voice message pleading for help.
- Parcel-delivery scams: a text message claims to be from a reputable courier, saying they couldn't deliver your parcel. You weren't expecting anything. You're asked to click a link to arrange delivery or pay a fee. This is NOT from the courier. It is an impersonation. Clicking on the link could install malware. Clicking and paying their “fee” could result in your financial information being stolen.

### **How to deal with these and other suspicious-looking texts, emails, or phone calls:**

- Stay calm. They're relying on you to panic. Stop, take a deep breath, and think.
- Do NOT click on anything. Delete any text that seems like a scam.
- Check the truth independently. Hang up. Call the person or company directly.
- Educate yourself. See the list at the end of this article.

### **If you have been scammed or defrauded:**

- It is not a reflection on you or your intelligence. Anyone can be victimized.
- Report it! Call your bank. If you're in time, they may be able to stop payment. Report it to the police and to the Canadian Anti-Fraud Centre (1-888-495-8501)
- Change any affected passwords (particularly email and banking.)

**These links have helpful information about scams and frauds in Canada in 2026.** They were used as resources in the writing of this article.

#### **The website RetireSmarter.ca:**

<https://www.retiresmarter.ca/guides/avoiding-fraud-and-scams/>

#### **The Canadian Bankers' Association's new Financial Abuse Prevention Hub:**

<https://cba.ca/for-canadians/financial-abuse>



## *Staying healthy this holiday season*

**T**he holiday season is a joyful time filled with gatherings, traditions, and a little extra indulgence. But it can also be a busy stretch that disrupts our routines. With a few simple strategies, older adults can enjoy the festivities while still supporting their health and well-being.

Keep moving in ways that feel good. Whether it's a short winter stroll or gentle stretching before bed, small bursts of movement help boost energy, support balance, and reduce stiffness during the colder months.

Choose nourishing foods. Holiday meals often come with rich treats, but balance is key. Enjoy your favourites while also including colourful vegetables, lean proteins, whole grains, and plenty of water. Eating slowly and mindfully can also help you feel satisfied without overdoing it.

Prioritize rest and relaxation. Busy schedules and late nights can add up. Try to maintain a regular sleep routine, and build in moments of quiet that include things like reading, listening to music, or deep breathing to help manage stress.

Stay connected. Social connections are a powerful part of healthy aging. Reach out to friends, join community activities, or schedule virtual visits if travel is difficult. A little connection can go a long way in lifting your mood.

Keep up with your routines. While the holidays may throw off your normal schedule, try to maintain regular sleep and meal patterns. Consistent sleep helps keep your immune system strong, and eating at regular intervals can prevent overeating at big meals. Try to stick to your exercise routine, even if it's a short walk or stretching session. Staying active will keep your energy up and help manage stress.

With small, thoughtful choices, you can enjoy everything the holidays offer while feeling your best.

Private Secure Suites  
Available for  
Immediate Occupancy



# CollegePark

*Retirement Residences™*

An All Seniors Care Living Centres Residence

## Retirement Living *at its Finest*

*Call us today to discuss a  
customized care plan to  
meet your needs*

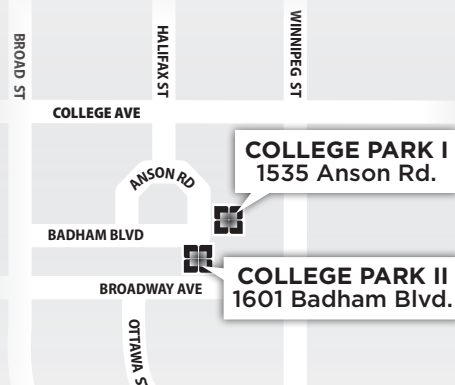
Call to schedule  
your personal visit!  
**306.500.1859**



[www.allseniorscare.com](http://www.allseniorscare.com)



*Ask About Our*  
**BLOSSOM  
LIVING**



**PROUDLY  
CANADIAN  
OWNED & OPERATED**

# Rediscover all the emotions of sound

**amplifon**  
Hearing Care Experts



## We're here to help you hear it all.

- ✓ Complimentary hearing tests
- ✓ Free hearing aid trials
- ✓ Wide range of hearing aid makes and models
- ✓ Custom earplugs for swimming, music, and noise protection
- ✓ Flexible payment plans & lifetime aftercare\*

**Book your hearing test at one of our three convenient locations  
or ask about our six rural clinics!**



**Amplifon Regina**  
4519 Gordon Road, Unit 2  
**1-877-860-2744**



**Amplifon Saskatoon**  
123 2<sup>nd</sup> Avenue South, Unit 12  
**1-800-836-8088**



**Amplifon Yorkton**  
18 First Ave North  
**306-782-1793**



• Carlyle • Prince Albert  
• Humboldt • Wadena  
• Moose Jaw • Weyburn

\* See clinic for full details.

# 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

## 1. CHANGES?

Have any medications been added, stopped or changed, and why?

## 2. CONTINUE?

What medications do I need to keep taking, and why?

## 3. PROPER USE?

How do I take my medications, and for how long?

## 4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

## 5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



**Keep your medication record up to date.**

### Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

**Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.**



Visit [safemedicationuse.ca](http://safemedicationuse.ca) for more information.

## Ways older adults can help communities thrive

**Fall is a season for gathering.** Community suppers, bonspiels, concerts, tournaments, school activities and faith events fill calendars again, helping people feel connected and supported.

Older adults help build community. Small actions can help neighbours, families and local organizations stay connected.

### STAY CONNECTED AND INVITE OTHERS IN

Aging well is easier when people stay connected, understand their health needs and know where to turn. Small actions can make support easier to find and share.

- Call someone who may be alone. Invite them for coffee, a walk, a class or an event.
- Try a phone, online or in-person program. Look for conversation, learning or wellness activities.
- Share trusted health and community resources. Help others know where to start.

**Connection is an action.** Each invitation, call or shared resource can help someone feel supported.

### VOLUNTEER WHERE YOUR TIME AND EXPERIENCE ARE NEEDED

Local activities depend on older volunteers. If you have time, experience or a skill to share, your help can make a local event possible.

- Ask where help is needed. Try a community centre, school, faith group, library, sports club or service organization.
- Choose a role that fits you. Greet people, make calls, set up, bake or help with registration.
- Invite someone to join you. Share the work and pass along what you know.

**Volunteering does not need to be formal or full-time.** Practical help keeps community life moving.



### SHARE WHAT YOU KNOW

Every community has systems that are not written down. You may know who to call, how decisions are made or why a local tradition matters. Sharing that knowledge can help others find their way.

- Mentor someone new. Offer support in a committee, workplace, neighbourhood, faith community or volunteer role.
- Write things down. Save stories, event histories, recipes, photos, contacts and lessons learned.
- Help younger people get involved. Show them how to ask for help, build relationships and respect local history.

**Mentorship can be simple.** Make an introduction, explain how something works or say, "I can show you."

### SUPPORT PEOPLE AND PLACES CLOSE TO HOME

Older adults contribute as neighbours, volunteers, mentors, caregivers, donors, taxpayers and customers. You can strengthen your community by supporting local services, buying local, attending events, checking in on caregivers and helping with everyday needs.

These actions show mutual support. Communities are healthier when younger and older people both have a role.

**Learn more about community wellness initiatives and discover Health Literacy supports and knowledge-building resources at [sk.bluecross.ca](https://sk.bluecross.ca).**



# FACILITATING INDEPENDENCE:

## *Support to Age Well at Home*

**Older adults make significant contributions to communities. FIG 4 (Facilitating Independence Grants) projects are ensuring that supports are in place that enable older adults to do this.**

Older adults are not simply recipients of services; they are active contributors to families, communities and the economy. Their experience, skills, relationships and financial abilities help address challenges associated with population aging. FIG 4 projects provide practical examples of how communities can build on these strengths rather than viewing older adults only through a lens of need. Supporting older adults to remain active and connected is therefore an investment in the capacity, resilience and well-being of Saskatchewan communities.

### **Volunteering**

In Saskatchewan, older adults make an important contribution through volunteering. This contribution is visible in the FIG 4 projects. Wheels for Wellness Indian Head, for example, has 20 volunteer drivers, nine Board members and five additional volunteers supporting operations, fundraising and community outreach. These volunteers help provide transportation for medical and wellness appointments and extend the program's reach into surrounding rural communities.



### **Mentoring and Knowledge Transfer**

Older adults possess knowledge and life experience that can be shared with younger generations and peers. Mentoring can include technology, employment and life skills, cultural knowledge, community leadership and practical problem-solving. In the FIG 4 portfolio, Moose Jaw is working with both school divisions to develop intergenerational programming, while its monthly Book Club creates an ongoing opportunity for social connection. Regina Open Door Society's digital literacy program also demonstrates peer and volunteer support, with volunteers assisting seniors through hands-on learning and language support.



### **Caregiving**

Older adults also provide unpaid care to spouses, relatives, friends and neighbours. Caregiving can help people remain at home, maintain relationships and reduce pressure on health and social services, although caregivers themselves need appropriate supports. FIG 4 projects recognize this. Age-Friendly Moose Jaw is developing stronger supports for grandparents who are primary caregivers to their grandchildren, while dementia-friendly programming in Yorkton provides support and social connection for people living with dementia and their care partners.

### **Financial Support and Consumers**

Older adults contribute economically not only through employment, pensions and investments, but also through household spending and intergenerational financial support. Older adults are also important consumers of health, housing, transportation, recreation, food, technology and community services. FIG 4 projects respond to this by improving access to transportation, digital services, wellness activities and community information. In Strasbourg, for example, direct assistance during tax season helped older adults address an important financial and administrative need.

# Unfair government services

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

If you have tried to resolve the issue, but think the result is unfair, contact us. We may be able to help resolve the problem informally or by investigating and making recommendations when appropriate.

Our services are free.

ombudsman.sk.ca  
1-800-667-9787



**Ombudsman  
Saskatchewan**



## Your Trusted Source of Mobility Products.

From adjustable beds to stair lifts  
to wheelchairs and more!

[PRAIRIEHEARTMOBILITY.COM](http://PRAIRIEHEARTMOBILITY.COM)

Warren  
**Steinley**

Regina-Lewvan

*Always on*  
**SASKATCHEWAN'S SIDE**

MEMBER OF PARLIAMENT | REGINA—LEWVAN

warren.steinley@parl.gc.ca  
warrensteinley.com • 306-790-4747

6845 Rochdale Boulevard  
Regina, Saskatchewan S4X 2Z2



**Almassy Metz**

FUNERAL & CREMATION SERVICES



- Locally-owned affordable funeral and cremation solution
- Delivering compassionate experiences to our families
  - Continued No Pressure Affordable Options
- Fully transparent affordable pricing without unnecessary cost
- Flexible pre-planning and pre-payment options to suit your needs

306-545-4455

1265 Searth Street, Regina, Saskatchewan  
Visit our website: [www.AlmassyMetzfuneral.com](http://www.AlmassyMetzfuneral.com)

**KEN  
CHEVELDAYOFF**  
MLA

**WORKING FOR YOU.**



1106A CENTRAL AVE,  
SASKATOON, SK S7N 2H1 | 306-651-7100

**SASKATOON  
WILLOWGROVE**

[KEN.CHEVELDAYOFF.MLA@SASKTEL.NET](mailto:KEN.CHEVELDAYOFF.MLA@SASKTEL.NET)



# Century Club Corner

## In Loving Memory

**Ken Mitchell**

**December 13, 1940 – August 5, 2026**

Ken Mitchell, raconteur, author, playwright, actor, English professor, traveller, keen advocate of the arts and of older adults, died on August 5, 2026.

Among his many noted accomplishments and actions were being co-founder of the Saskatchewan Writers Guild, the Regina Cathedral Village Arts Festival, the literary magazine Grain and more. His dramatized The Great Electrical Revolution was a feature on Saskatchewan television during the Christmas season for many years. At one session of the Moose Jaw Festival of Words, he recited the story of The Great Electrical Revolution from memory. He received many awards and honours over the course of his life.

Many people are aware of these facets of Ken's life. Fewer realize that he was a founder of SSM's own Century Club, and for years he worked to better the lives of people over the age of 90 through encouraging them to be active in the Century Club. He participated in many of the Regina Century Club's gatherings over the years, as well as being a part of the Century Club Committee. He also graced the annual SSM Christmas party with his poetry and his humour, donning a Santa outfit many years to add to the flavour of the event.

Ken also helped many centenarians record their life story, and these projects found fruition through SSM.

Although unable to be active in recent years, his spirit has imbued the Century Club gatherings, and in some way will continue to do that. We are grateful for the time he spent with the Century Club and with SSM.



**You may join the Century Club by calling:** Toll free 1-888-823-2211 or 306-359-9956 (Regina) or send a note to: SSM (112-2001 Cornwall St. Regina, SK S4P 3X9). If you live in Saskatoon, please call Saskatoon Council on Aging (306-652-2255) to register.

## A Message from your SSAI President!

Welcome to another year of aging with Saskatchewan Seniors Association Inc. We bring seniors together to work for the welfare of all seniors in Saskatchewan by offering programs and activities of benefit to seniors. As well, we work with other organizations with similar objectives.

The theme I have chosen for my second year as president is BUILDING A BETTER FUTURE FOR SENIORS. Please take some time to think about how you can build a better future for yourself and for at least one other senior. I am confident that many seniors will have a better future because of your contributions.

The focus of this edition of *Gray Matters* is “Older adults age well in supportive communities.” Let’s consider this statement as well as the reverse: Communities age well with supportive older adults?

Supportive communities help older adults maintain meaningful relationships, independence, and a sense of purpose—all important parts of aging well. As we grow older, we may lose partners and friends through death or moves to care centres. Supportive communities provide opportunities to build new friendships and maintain existing ones, reducing loneliness and isolation. These connections improve our sense of belonging, confidence, and happiness.

Supportive communities also provide practical help with transportation, meals, household and yard tasks, and health needs. Social Prescribing and Age Friendly Communities are two examples of how communities can connect older adults with this kind of support. I encourage you to learn more about Social Prescribing and Age Friendly Communities on the SSM website. Don’t just read about it – get up and do something about it!

Just as importantly, supportive communities encourage older adults to make choices, use critical thinking, share their opinions and wisdom, volunteer, and stay active. Social connection, hobbies, volunteering, and physical activity help older adults remain independent and maintain healthy mental well-being.

But what do older adults bring to their communities? We bring so much! We bring experience, knowledge, skills, stories, traditions, and connections. We pass on history and customs, share lessons learned, support our families, and often help care for grandchildren. In many ways, we are part of the glue that holds families and communities together.

Consider who it is that keeps our language and customs alive, initiates celebrations, preserves local history, volunteers, runs clubs, mentors younger leaders, supports children and grandchildren at their activities, serves on councils and foundations, and contributes through philanthropy.

Let’s hear it for communities that support older adults—and for older adults who support their communities.

**I wish for each of you a supportive community  
and for each of your communities a supportive YOU!**

Lorraine Thibeault, President  
Saskatchewan Seniors Association Inc.



## Congratulations to the Community of Ituna

The town of Ituna has been named Saskatchewan's most active community in the 2026 ParticipACTION Community challenge presented by Novo Nordisk. We were one of 385 communities that participated across Canada and won \$10,000. This is the second year in a row that we have been awarded this honor.

There were many activities that people could participate in during the month of June. The Ituna Seniors Centre did not register as a group but members could participate individually in activities of their choosing. Our Centre did however take part in the Father's Day Poker Scavenger Hunt.

Participant/teams were given clues that directed them to various places within the town (provided they guessed right). They had to run, walk, bike, skateboard, etc. – anything but drive from site to site. Once they arrived at a site, they were required to complete a physical activity, i.e. hopscotch at the school, bean bag toss at the Villa, etc.

Our Senior Centre had participants draw a dance type out of a bowl that they had to perform. Some of the dance types included Heel Toe Polka, Macarena, Bunny Hop, Butterfly, etc. Some of these were of course very unfamiliar to the younger ones so we had a dance video to help instruct them. It was fun organizing and participating in this event.



## Be part of a strong association and network with other seniors and rural seniors' clubs.

Reach beyond your own community to connect with other seniors and clubs from other parts of the province for support and new ideas.



### ANNUAL MEMBERSHIP FEE - \$5/person

SSAI Clubs collect fees from each club member and remit to the SSAI Treasurer. SSAI Membership fees can be mailed to:

Shannon Wright, Secretary/Treasurer, Box 455 Vanscoy, SK S0L 3J0

Phone: 306-493-3023 email: [info@saskseniors.com](mailto:info@saskseniors.com)

Website: [saskseniors.com](http://saskseniors.com)



### Subscribe to our email list

If you would like to receive emails from Saskatchewan Seniors Association Inc., send us an email at [info@saskseniors.com](mailto:info@saskseniors.com) with your request to SUBSCRIBE. You will receive emails regarding upcoming SSAI events and workshops as well as forwarded information pertinent to Saskatchewan Seniors.

Saskatchewan Seniors Association Inc. (SSAI) would like to acknowledge the support of Saskatchewan Seniors Mechanism (SSM) and the Saskatchewan Lottery Trust Fund for SSAI outreach to Seniors. Some of this funding pays for the quarterly distribution of the SSAI newsletter in Gray Matters.

## Visit our SSAI booth at Spotlight on Seniors Tradeshow Grand Salon, TCU Place in Saskatoon on Tuesday, October 6, 2026 from 9am – 3pm

**Speak to one of our volunteer leaders. Learn more about our organization.  
Pick up a brochure, pen and notepad.  
Become a member. Purchase Raffle Tickets.**

---

### SSAI RAFFLE TICKETS

SSAI raffle fundraiser (Licence #SR26-1215) – draws to be held at convention in Saskatoon on June 10<sup>th</sup>, 2027. Tickets are \$2 each for a chance to win 1 draw of \$1000, 2 x \$500, and 5 x \$100. If you are interested in purchasing or selling raffle tickets, please contact Shannon Wright phone: 306-493-3023 email: [info@saskseniors.com](mailto:info@saskseniors.com)

---

### SSAI Tele-learning Workshops

Saskatchewan Seniors Association Inc. (SSAI) is excited that we have once again received funding from the Government of Canada's New Horizons for Seniors Program. SSAI will use this 2026-2027 NHSP funding to offer a series of Tele-learning workshops on topics relevant to seniors.

We have already hosted several workshops and resources from those sessions are posted and linked on our website.

In June, Trish McAuliffe, President of the National Pensioners Federation, spoke about **Ageism Awareness in Action**. The presentation notes are available on our website if you'd like to learn more about advocacy tools to lead the way in this movement.

We also had a presentation from June Gawdun (Executive Director) and Kristi Baker (Program & Event Coordinator) to learn more about Saskatoon Council on Aging (SCOA) and the resources and programs they offer to help seniors stay active, informed, and connected in Saskatoon and beyond.

Disasters related to climate change and severe weather events are increasing. Many residents in Saskatchewan have been affected by wildfires. At the beginning of August, we hosted an Emergency Preparedness workshop with Haley Collins of the Canadian Red Cross to help us be ready.

At the end of August, SSAI collaborated with Sask Districts to host a session on the **Nuts & Bolts of Club Management** presented by Wendy Plandowski. A summary of that presentation is available on our website as well as a list of **Top Club Community Organization tools**.

In September we hosted workshops on the topics of preparing a Legal Will with confidence, protecting yourself from Senior Scams and Fraud, and Legacy Giving with information from the Saskatoon Community Foundation. Please visit our website [saskseniors.com/workshops](https://saskseniors.com/workshops) to find links to resources from these workshops.

## Upcoming workshops:

### **Monday, October 19 at 10am – Be Ready: Emergency Preparedness for Extreme Cold & Winter Storms** – a presentation by Canadian Red Cross

Prepare your household for emergencies with our Be Ready workshops. These interactive one-hour sessions guide you through the four essential steps of emergency preparedness: • Know the risks • Make a plan • Build a kit • Build a network. Each step is designed to help you take practical actions to stay safe, support your household and strengthen connections in your neighbourhood. Workshops are interactive, practical and designed to help participants take simple steps toward emergency preparedness. For more information visit our website: [redcross.ca/Beready](http://redcross.ca/Beready)

**Monday, October 26 at 10am – Forever in Motion** – information will be available on our website.

### **Monday, November 2 at 10am – We are the canary in the coal mine.**

As a grandmother of 12, Sherry Olson is thinking about the Saskatchewan we leave to the next generation. She'll share why she challenged the continued use of coal and what she believes we can do to protect the future our children and grandchildren will inherit. Listen in to understand: Saskatchewan's current approach to coal for electrical generation, what it means for the environment, the politics behind it, how the courts are involved, and the needed just transition.

### **Monday, November 9 at 10am – The Decluttering Battle Plan™ - How to Win the War on Too Much Stuff**

For many longtime homeowners, the hardest part of downsizing isn't deciding where to move. It's figuring out what to do with decades of belongings. In this free webinar, downsizing specialist Sharon Parenteau will walk you through a simple, step-by-step strategy for tackling clutter without trying to do everything at once. You don't need to be moving next month, or even next year, to benefit. In fact, starting before you have to downsize gives you the luxury of making thoughtful decisions at your own pace. Less stuff. Less overwhelm. More freedom to decide what comes next.

### **Monday, November 23 at 10am – The Healing Power of Protein with Paulette Millis**

Paulette is a Registered Holistic Nutritionist and Registered Social Worker with 35 years of experience teaching, facilitating, counseling and lecturing people through life's issues and healing challenges. Learn: • How protein helps with healing, weight loss, clearer thinking and more energy. • What is protein? • What are good quality proteins? • How much and how often do we need protein? • Meal and recipe ideas, and resources. For more information on Paulette and her services visit [www.eatawayillness.com](http://www.eatawayillness.com).

Visit our website for more information and to register for workshops:

**[saskseniors.com/workshops](http://saskseniors.com/workshops)**

Questions? Phone 306-493-3023 or email: [info@saskseniors.com](mailto:info@saskseniors.com)

We thank the Government of Canada's New Horizons for Seniors Program for their continued support in helping SSAI to improve the wellbeing of older adults across Saskatchewan.

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

**Canada** 



The College of Dentistry Dental Education Clinic at the  
University of Saskatchewan is offering:

**Treatment of fillings, crowns, root canals, dentures and  
orthodontics for all ages**

by students

**At Reduced Costs**

To schedule a free initial screening appointment or if you have  
questions please call the clinic at  
**306-966-5056**



UNIVERSITY OF SASKATCHEWAN

**College of Dentistry**

DENTISTRY.USASK.CA

**Dental Education Clinic | College of Dentistry**

105 Wiggins Road | Saskatoon, SK S7N 5E4

[www.dentistry.usask.ca](http://www.dentistry.usask.ca)

**Saskatchewan Seniors Mechanism**

112-2001 Cornwall Street

Regina, SK S4P 3X9

Ph: 306-359-9956

[www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca)

Publication Mail Agreement # 40063014

Return Undeliverable Canadian Addresses To

**Admin Centre Printing Services**

111-2001 Cornwall Street

Regina, SK S4P 3X9

Email: [adminprint@sasktel.net](mailto:adminprint@sasktel.net)