



**Saskatchewan Seniors Association Inc.**  
Annual Convention

June 7<sup>th</sup> and 8<sup>th</sup>, 2017

Travelodge Hotel, Saskatoon  
106 Circle Drive West

**THEME: Living with Dignity**

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# Saskatchewan Seniors Association Inc.

## 2017 Convention - "Living with Dignity"

### Wednesday, June 7, 2017

TIME	ROOM: Delta-Concorde 1
8:30-10:15	REGISTRATION - coffee & muffins
10:30	Welcome and opening remarks – M.C. Mike Kaminski
	Greetings from Saskatoon City Council – Bev Dubois (Ward 9)
	Greetings from Saskatoon Police - Acting Chief Jeff Bent
	Seniors' Prayer (page 4) – Lorna Weldon, followed by minute of silence for departed members
11:10	SSAI - Pat Trask, President
11:30	Mourning Glory Funeral Services Incorporated
12:00 - 1:00	Lunch
	National Pensioners Federation (NPF) - Herb John, President
	Minutes of 2016 – (Betsy Redstone), read by Shannon Wright
	Financial Report – Shannon Wright, SSAI Treasurer
	Canada 150 Presentation – Mike Kaminski
	Break - Canada 150 Cake – O Canada led by Linda Ard
3:30	Saskatoon Council on Aging (SCOA) – June Gaudun
	Metalman – Perry Gursky
4:00	Tradeshow – Introduce Vendors (see list on Page 3)
6:00-7:30	Banquet – Speaker: Ryan Meili
8:00-10:00	Dance - Leon Ochs

# Saskatchewan Seniors Association Inc.

## 2017 Convention - "Living with Dignity"

**Thursday, June 8, 2017**

TIME	ROOM: Hercules-Lancaster
8:00	coffee & muffins
9:00	Saskatoon Housing Authority – Janice May
	Resolutions
	Open Forum
	Walkathon Report – Sheila Righi
	Bowling Report – Lorna Weldon
	Credential Report – Shannon Wright
11:00	Saskatchewan Seniors Mechanism (SSM) - Holly Schick
11:30 - 12:30	Lunch
	Election of officers
	Swearing in of officers
	Silent Auction ends; Roughriders Raffle Ticket draw
	Any other business
2:30 - 3:00	Break
	Executive Meeting

List of Tradeshow Vendors (June 7<sup>th</sup> from 4 – 9pm):

- Perry Gursky – Metalman
- Darlene Jones
- Mitchel Mingie – Parkville Manor
- Karen Jensen – Med Sask
- Joanne Neil
- Jan Dyky
- Darlene Berntsen
- Yvonne Schlosser

## Senior Citizens' and Pensioners' Prayer

Our Heavenly Father, we come to Thee and ask that Thou will guide and direct us in this, our meeting.

Grant O Lord, that all our decisions may be made with good judgement and with fairness to all concerned.

Dispel any dissension or discord that might arise, and if we are the minority give us wisdom and courage to accept it gracefully.

Grant, that we may have the initiative and will work together for the good of our Club and our community.

Help us to give a kindly word and friendly smile to those less fortunate than we, and may we never be hasty in judgement and always forgiving, seeing our own faults before seeing the faults of others.

Bless all our Seniors Citizens and Pensioners throughout this great land, heal the sick, watch over the lonely and give rest to the weary and heavy laden.

We thank Thee, Lord, for the health, the strength and privilege of being able to meet here and work together for the betterment of mankind.

All these things we ask in Thy Name,  
Amen.

Written by: Linden M. Crowdis



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## 2016-2017 Executive board of the SSAI

President.....	Pat Trask.....	373-2010
Past President.....	Fern Haight.....	544-2737
1st V/President.....	Lorna Weldon.....	328-4979
2nd V/President.....	Mike Kaminski.....	593-2222
Secretary.....	Shannon Wright.....	493-3023
Treasurer.....	Shannon Wright.....	493-3023
Webmaster .....	Shannon Wright.....	493-3023

### Mailing Address:

**SSAI Treasurer, Box 455, Vanscoy, SK S0L 3J0**

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

**Email: [info@saskseniors.com](mailto:info@saskseniors.com)**

### DIRECTORS (as of May 31, 2017)

Reg A...	Linda Ard, Meota, SK.....	892-2179
Reg B...	Sheila Righi, Prince Albert, SK.....	922-8238
Reg D...	Pat Trask, Saskatoon, SK.....	373-2010
Reg F...	temporarily vacant	
Reg G...	Lylie Herman, Nokomis, SK.....	528-4404
Reg H...	Mike Kaminski, Invermay,SK.....	593-2222
Reg M...	Isobel Fowler, Coaldale, AB.....	(403) 596-6560

### ORGANIZATIONAL COMMITTEES

SSAI Resolutions – Mike Kaminski, Ken Forbes, Fern Haight

SSAI Bowling Tournament – Lorna & Ed Weldon, Pat Trask

SSAI Walkathon – Joan Boyer

Raffle Tickets (Roughrider memorabilia) – Mike Kaminski

2017 Convention – Pat Trask, Fern Haight, Lorna Weldon

Nominations – Lylie Herman, Grace Strobel

Silent Auction – Linda Ard

50/50 – Ed Weldon

# President' s Message

Hello everyone!

Since the June convention in 2016 when you elected me president of SSAI, I have learned a lot, met a lot of dedicated people who are regional rep's, district co-ordinators, and the general membership across the province. I have really enjoyed the experience and have been totally surprised and pleased that so many people are so dedicated to SSAI.

I have learned a lot, dealt with some frustrations (not too many), dealt with some change and I feel that with the help of the people in this province who believe in our movement, we will have even more victories.

Through the past year, we have taken your resolutions from convention to government in Regina, federal resolutions have been presented to the proper people in Ottawa, and local or municipal resolutions have been dealt to those in charge in our home province.

On behalf of the seniors in our province, I was invited by the federal government in November, all expenses paid, to appear before the finance committee dealing with proposed changes to the Canada Pension Plan. It was also rewarding to have the organizers of the annual CANPUT conference in Vancouver invite me to appear on behalf of the SSAI to represent the seniors of our province. I feel that it is probably time these sorts of conferences should consider the views of us seniors as well as the repercussions their decisions could have on our lives.

I have been accepting and searching out all opportunities to attend your annual meetings all over our province. One of the key things that people tell me is how much they feel that they belong more now because they have had a visit from someone of the executive. I know that you realize how hard and time consuming it is to visit every club, but that is my intent so hopefully you will contact me and we will arrange a get together.

Please realize how much we are counting on you to keep your records of names up to date with us.....and hopefully you as district representatives will use our new reference books, made especially in time for convention, to read aloud at your next meeting to help your own local boards understand what is expected from them, and what they can expect from us.

Pat Trask, President SSAI  
306-373-2010

# Report from 1st Vice President

Hi everyone! It sure does not seem like a year since our last convention. I contacted my clubs by phone or mail. A lot of them are losing people due to moving or poor health and no new memberships. I took part in planning winter games for Region G District 21 and was mistress of ceremonies at the wind-up banquet. There was a pretty good turn-out. Thanks to all who took part. I attended all SSAI meetings. I will attend Kellihers annual meeting and also our convention. I helped with the provincial bowling tournament in Prince Albert. I hope you enjoy the convention.

Lorna Weldon, First Vice

# Past President's Report

Another convention is fast approaching and 2017 is half gone. "Time waits for no man." Last convention I spent in the hospital. How have I been since? I haven't had any further episodes. A tiny little pill has rightified the problem. My duties have lessened since resigning last June as President. Being past president is less stressful, with fewer duties required of me.

I am on the convention committee and I do attend all board meetings. We have had three board meetings and one convention meeting. I also went with the president, Pat Trask, to the bowling tournament held in Prince Albert in March. The tournament was very successful and was enjoyed by all who participated. This will continue in the spring of 2018.

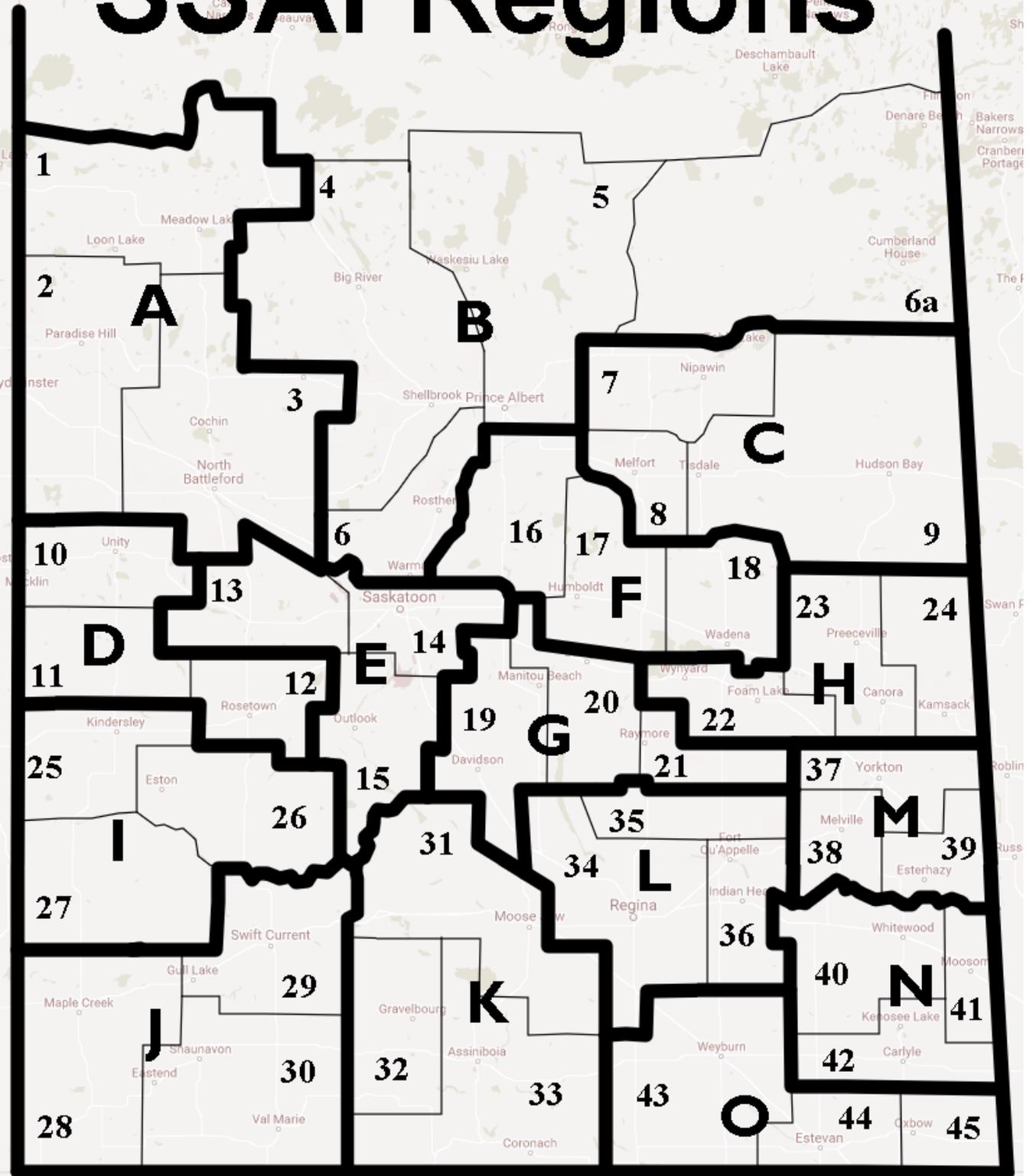
I no longer prepare SSAI's submission to Gray Matters. I have done this for many, many years. It is now in the capable hands of Mike Kaminski, our 2<sup>nd</sup>-Vice president. I do meet with the Sask Seniors' Mechanism on a regular basis. I chair the "Celebrating Seniors" organization. This organization honors seniors who are nominated for all the things they have done to better their communities, as well as the lives of seniors. Winners are chosen by a selection committee and this information is revealed at a gala night in Regina on October 1<sup>st</sup>.

I hope you all enjoy this convention. Thank you for coming and for all you do for this organization, to keep it operational and functional.

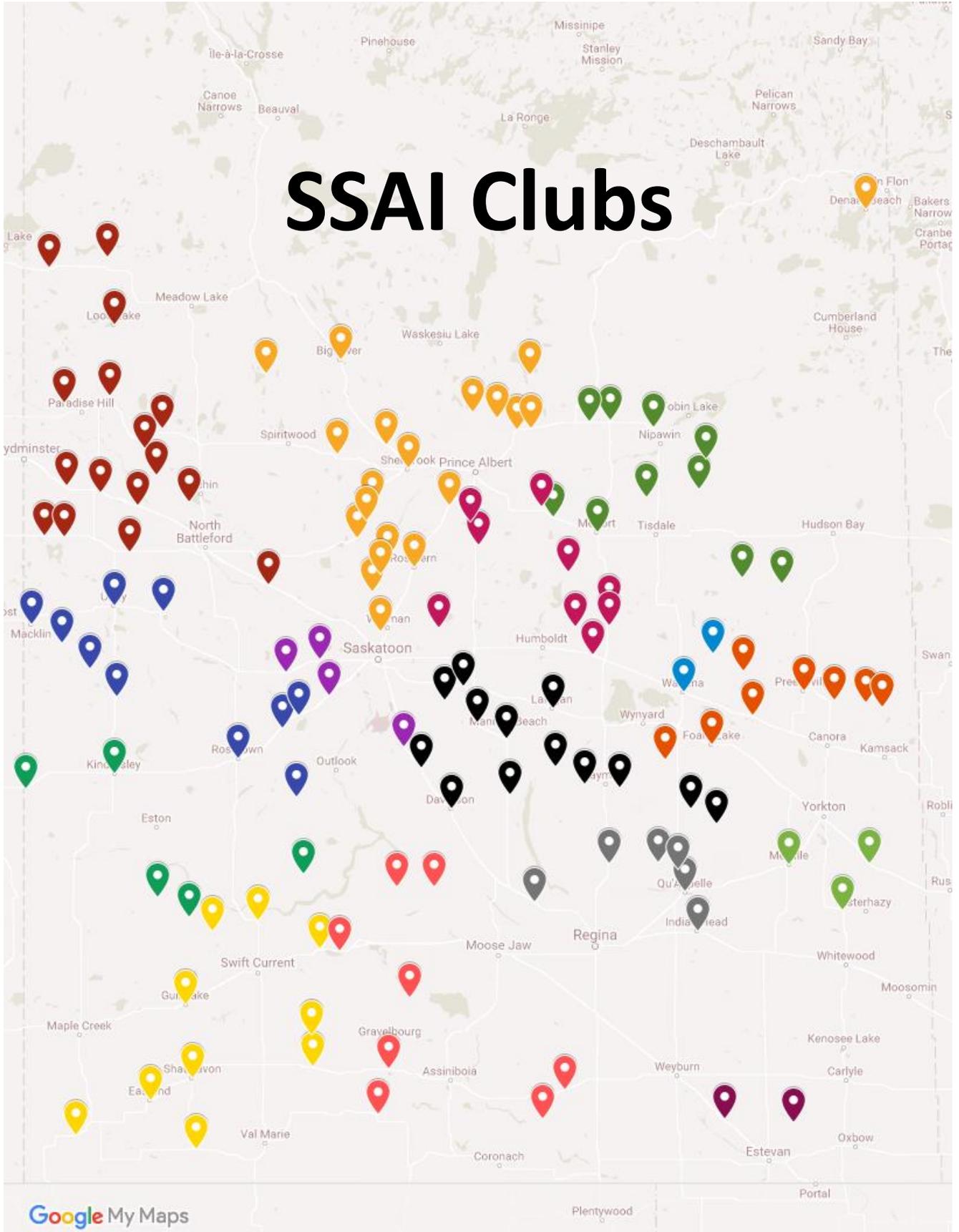
May each of you enjoy good health and happiness in the days that lie ahead.

Fern Haight, Past President

# SSAI Regions



# SSAI Clubs



Club #	Club Name	Region	District	# members
120	Goodsoil Silver Threads Sr. Citizens	A	1	39
48	Loon Lake Seniors Inc	A	1	50
28	Pierceland Senior Citizens	A	1	34
76	Frenchman Butte Senior Citizens	A	2	30
108	Lashburn Senior Citizens Club	A	2	31
361	Livelong Lakesiders Seniors	A	2	51
213	Maidstone Sr Citizens Drop In	A	2	31
336	Marsden Golden Age Group Inc	A	2	20
142	Mervin Merrymakers	A	2	33
148	Neilburg SSAI	A	2	46
47	St Walburg Seniors	A	2	34
70	Cut Knife SSAI	A	3	54
49	Edam 49Érs	A	3	45
214	Maymont Seniors' Hall	A	3	25
134	Meota Do Drop In Inc	A	3	10
226	Paynton Pioneers Inc.,	A	3	29
64	Big River Seniors Assoc. Inc	B	4	88
81	Blaine Lake Seniors Centre	B	4	134
80	Canwood Senior Citizens	B	4	41
58	Chitek Lake Sunshine Group	B	4	21
69	Leask Happy Home Steaders	B	4	49
305	Marcelin Senior Citizens	B	4	50
3	Martensville New Horizon Center	B	4	32
95	Shell Lake Senior Citizens	B	4	40
68	Shellbrook Senior Citizens Co-op Club	B	4	42
441	Candle Lake Seniors	B	5	52
60	Christopher Lake Pine Tree Heritage Club	B	5	14
458	Meath Park Seniors	B	5	37
457	Paddockwood Senior Citizens Club	B	5	11
354	Weirdale Senior Citizens Club	B	5	20
602	Hepburn Golden Age Centre	B	6	34
321	Laird New Horizons	B	6	28
172	MacDowall Seniors Club	B	6	20
171	Rosthern Senior Citizens	B	6	62

103	Waldheim New Horizons	B	6	168
450	Denare Beach New Horizons Club Inc	B	6A	32
33	Carrot River Seniors	C	7	46
15	Choiceland Sr Citizens Club	C	7	20
436	Ridgedale Senior Citizens	C	7	16
144	Snowden Pensioners & Senior Citizens Assoc.	C	7	20
12	White Fox Senior Citizens	C	7	27
319	Kinistino 1/2 Century Club	C	8	40
341	Melfort Senior Citizens Club	C	8	155
40	Arborfield sunset Lodge	C	9	44
284	Porcupine Plain Sunset Club	C	9	57
258	Weekes Golden Age Club	C	9	44
442	Denzil Seniors Club	D	10	30
333	Macklin & District New Horizons	D	10	63
255	Unity New Horizons Assoc.,	D	10	50
425	Wilkie New Horizons	D	10	42
35	Kerrobot SSAl	D	11	46
106	Luseland Pioneer Club Inc	D	11	69
101	Dinsmore Gaiety Group	D	12	40
162	Harris - Tessier New Horizons Centre Inc	D	12	9
504	Rosetown Senior Citizens Program Inc	D	12	38
201	Asquith Better Life Recreation Assoc	E	13	38
287	Delisle Senior Citizens Club	E	13	58
309	Hanley Seniors	E	15	41
289	Domremy Golden Age Club	F	16	50
252	St Joseph Seniors Club Inc	F	16	114
150	Vonda Golden Age	F	16	74
259	Weldon Silver Tone Club Inc.,	F	16	44
147	Annaheim New Horizons Club	F	17	78
476	Englefeld Good Neighbors Club	F	17	34
221	Naicam Sr. Citizens Assoc	F	17	42
139	Spalding New Horizons Senior Centre	F	17	26
251	St. Brieux New Horizons Club	F	17	64
	Georgina & Leon Johnson - Wadena	F		2
	Ray & Doris Johnson - Kelvington	F		2

292	Young Golden Age Club	<b>G</b>	10	42
605	Allan New Horizons Seniors	<b>G</b>	19	45
467	Colonsay Senior Citizens	<b>G</b>	19	21
9	Davidson Senior Citizens	<b>G</b>	19	34
77	Imperial Senior Citizens Club Society	<b>G</b>	19	17
113	Kenaston Seniors Inc.,	<b>G</b>	19	36
420	Watrous Seniors Co-operative	<b>G</b>	19	47
104	Lanigan Merry Mixers Inc	<b>G</b>	20	20
158	Nokomis Seniors Welcome Inn	<b>G</b>	20	17
153	Semans Drop-In Centre Inc	<b>G</b>	20	23
167	Ituna Social Club	<b>G</b>	21	30
506	Kelliher Senior Citizens Co-operative Hall Ltd	<b>G</b>	21	33
152	Quinton Golden Age Club	<b>G</b>	21	34
146	Foam Lake Senior Citizens Inc	<b>H</b>	22	186
235	Wishart Welcome Inn	<b>H</b>	22	15
140	Invermay Golden Age Club	<b>H</b>	23	18
29	Lintlaw Golden Glory Club	<b>H</b>	23	16
115	Preeceville Seniors Club	<b>H</b>	23	72
137	Norquay Involved Community Effort (NICE)	<b>H</b>	24	40
359	Pelly Happy Hearts Club Inc	<b>H</b>	24	92
160	Stenen Senior Citizens Dew Drop Inn	<b>H</b>	24	28
233	Alsask Drop-Inn Club Inc	<b>I</b>	25	14
30	Kindersley Today Seniors	<b>I</b>	25	32
22	Beechy Social Club Inc	<b>I</b>	26	20
440	Abbey 50 Plus Club	<b>I</b>	27	10
53	Cabri Senior's Co-operative	<b>I</b>	27	44
157	Consul Reno Senior Citizens Club Inc	<b>J</b>	28	10
57	Gull Lake Seniors Inc.,	<b>J</b>	29	70
355	Herbert Horizons Group	<b>J</b>	29	30
360	Pennant Happy Gang	<b>J</b>	29	15
401	Stewart Valley Happy Valley Club	<b>J</b>	29	47
414	Vanguard Senior Citizens Assoc	<b>J</b>	29	18
505	Aneroid 50 Plus Inc	<b>J</b>	30	36
19	Climax South Line Senior Citizens	<b>J</b>	30	40
161	Eastend Activity Centre	<b>J</b>	30	21

13	Shaunavon Pioneers Assoc	J	30	64
41	Central Butte Sr Citizens Club	K	31	36
178	Eyebrow Senior Citizens Club	K	31	25
72	Morse Seniors Group Inc.,	K	31	10
123	Coderre Sunshine Friends Inc	K	32	2
303	Glentworth Come & Go Club	K	32	15
170	LaFleche Club 50	K	32	80
23	Bengough New Horizons Searchers	K	33	24
188	Ogema Dew Drop In	K	33	25
151	Bethune 50 Plus Club	L	34	20
105	Dysart Golden Year Club Inc	L	35	15
206	Lipton New Horizons	L	35	22
479	Southey Senior Citizens Club	L	35	44
117	Fort QuAppelle Seniors Club	L	36	126
189	Indian Head Heritage Club	L	36	32
39	Bredenbury Busy Bees	M	37	24
54	Melville Senior Citizens	M	38	50
199	Stockholm Silver Social Club	M	39	32
102	Midale 39érs Seniors Club	O	43	19
198	Lampman Prairie Lily Club	O	44	28

As of May 31<sup>st</sup>, 2017:

120 Clubs associated with SSAI

5026 Members

\*Note: This list is based on the clubs who had paid their memberships in the past year. As of May 31<sup>st</sup>, 2017, half of the clubs on the list have renewed their membership fees for 2017/2018 (expire March 31, 2018) and updated their executive contact information.

# SSAI 2016 CONVENTION MINUTES

June 8, 2016 – Heritage Inn, Saskatoon, SK

1. 8:00 to 9:00 am final registration
2. 9:00 to 9:30 – O Canada led by Linda Ard, Senior Prayer led by Sheila Righi. Minute of Silence for departed members.
3. Greetings from Herb John, National Pensioners Federation. Introduction by Lorna Weldon. Greetings from Heritage Inn hotel manager Jodie.
4. Credential report – delegates           45  
  Coordinators           3  
  Directors               6  
  Executive               6  
  TOTAL                   60
5. Minutes from Feb. 2015 meeting were read by Betsy Redstone, Linda Ard and Lylie Herman. Minutes were adopted as read by Betsy Redstone, Carried.
6. Financial report accepted as read by Isobel Fowler, second by Ed Simonar, carried.
7. Coffee Break – Goodies supplied by Pat Trask.
8. Wellness Pharmacy Janice Sumac was introduced by Linda Ard and presented with a gift by Linda. Janice is a clinical pharmacist. She spoke on chronic pain, acute pain, and palliative pain. 50% of seniors suffer from chronic pain. She spoke on preventive guidelines, how to treat patient, not pain and how to live well despite pain. A good multi vitamin can help. Older adult's options could be oral medications. Narcotic medications can cause dizziness, slow heart beat, cause hallucinations, bowel obstruction. Best not to give Tylenol 3 for example. Alternate treatments can be chiropractic care, physical therapy, massage, heating pad. Supplements – vitamins, fish oil, Vitamin D etc.
9. Herb John from National Pensioners Federation spoke to us. Herb was introduced by Sheila Righi and presented with a gift from Sheila.
10. Holly Schick from Seniors Mechanism was introduced by Isobel Fowler and presented with a gift from her. SSM received \$1.7 million to study Isolation of Older Adults.
11. Lunch Break
12. Lylie Herman won the 50/50 draw for \$55.00.

13. Stars Ambulance Jeff Dickson spoke to us about Stars Ambulance in Saskatchewan. They have two ambulances operating in Sask. They have completed 33,000 missions in the three prairie provinces since 2012. They have been to 500 communities since they began. When a call comes in they are in the air in eight minutes or less sometimes. A nurse and a paramedic accompanies the pilots on the flights. They carry blood supplies on the helicopters as well. A doctor is always available by phone Stars sends a bus to small health units to train them to help when Stars comes to their centre. They also involve the local fire departments. All money Stars raised in Sask. stays in Sask. They are a non – profit organization. The ministry pays \$275.00 for seniors and \$350.00 for other patients. When a helicopter is requested, doctors can choose to send Stars or the air ambulance. There is a temporary landing pad at the University Hospital in Saskatoon and a landing pad at the General Hospital in Regina. Each mission costs \$5400.00 and takes about ninety minutes. Everything done by Stars is doctor driven.
14. Mike Kaminski – Strategic Plan for SSAI: This report will be included in mail out.
15. Resolutions will be included in mail out.
16. Coffee Break
17. Resolutions (open Forum, fish pond.) Discussion was held on soliciting new members by going door going door to door. Mike Newberry suggested advertising in paper for special events. Shirley of Melfort said they went on bus excursions. These were enjoyed by all.
18. Banquet preparation.
19. Banquet
20. Banquet speaker – Norman Rebin, Blaine Lake, Sask.
21. Entertainment. Leon Ochs, Landis, Sask.

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# SSAI 2016 Convention Minutes (continued)

June 9, 2016 – Heritage Inn, Saskatoon, SK

1. Larry Vols, city policeman, was introduced by Grace Strobel. He spoke on working with seniors. They have a five year plan on connecting with older adults. They will educate seniors on financial and emotional abuse. They want to understand how seniors perceive police. They will teach them how to contact police and fire department. Some lessons Larry learned is #1) all seniors do not like police. #2) Seniors differ in age and life styles need different things. Larry's mother is 82 years old and lives in her own home. He has come full circle. Now he has to look after his mom. 911 is free for everyone. Some seniors have a fear of unknown health emergency service. Their call will be transferred to correct department if they phone for help. Larry understands their concerns. Sask. Police Service represent seniors from rural Sask. If they phone 911 they will be connected to the correct department.
2. Grace Strobel introduced Sheila Righi. She spoke about the bowling tournament. This is the 10<sup>th</sup> bowling tournament hosted by SSAI. Linda Ard made a motion Sheila carry on with the tournament. Carried.
3. Isobel Fowler introduced our web master Shannon Wright. She is from Vanscoy. It was also announced she will take on treasurers position.
4. Mike Kaminski introduced Dr. Juma, podiatrist. He received his training at the University of Saskatchewan. He gave an interesting talk on foot care ranging from trimming nails, washing feet (Do not soak for more than 10 Minutes.) Scrub rough skin with a foot file. Use a good lotion on your feet. Do not put lotion between your toes. Use foot powder if your feet sweat a lot. It is important to see a podiatrist if you are having trouble with your feet.
5. Coffee break.
6. Final credential report –

Directors	4
Executive	6
Coordinators	4
Delegates	47
Total	61

7. Election of Officers – Sheila Righi introduced Ed Simonar as chairman of elections.

Gladys Simonar nominated Mike Kaminski for president.

Mike declined.

Lynn Foster nominated Pat Trask. Pat Trask accepted and will be president for one year.

Yvonne Schlosser nominated Mike Kaminski for 2<sup>nd</sup> vice president. He accepted.

Lorna Weldon is first vice president for one more year.

Sheila thanked Ed Simonar for being chairperson.

Ed Simonar conducted the swearing in of all the officers, treasurer, secretary, coordinators and directors.

8. Marie gave her report on the Walkathon. Report will be included.

9. 50/50 draw – Mary Weschinny- \$35.00

50/50 draw – Gwen Lacerte \$35.00

Lylie Herman – Roughrider Jersey

10.Silent Auction made \$610.00

11.Sask Lottery winners

- Ray Stewart – Cut Knife - \$1000.00
- Ingrid Comuay – Melfort - \$500.00
- Mae Luna - - \$500.00
- Pat Stan – - \$500.00
- Ron Folk – Denzil - \$500.00
- Stella Cambell - \$500.00
- Joyce Hawson – Cutknife - \$500.00
- Thereas Keklish – Wishart - \$500.00
- Helen Thompson – Oyen - \$500.00

12.Meeting adjourned.

# SSAI WALKATHON 2016

ANOTHER SUCCESSFUL YEAR!

**YOU WALKED: 26272 MILES    CLUBS: 25    WALKERS: 291**

DID YOU KNOW YOUR BODY CRAVES FOR EXERCISE?

BE SMART WHEN YOU EXERCISE:

KEEP IT SIMPLE  
MEASURABLE  
ACHIEVABLE  
BE REALISTIC  
SET A TIME GOAL

NOW THE RESULTS OF ALL THE WORK...

## **HIGHEST AVERAGE MILES WALKED PER WALKER**

LOON LAKE SENIORS    291    REGION A

## **HIGHEST AVERAGE MILES PER CLUB MEMBER**

CHITEK LAKE SUNSHINE GROUP 106 MILES  
REGION B

## **HIGHEST PERCENTAGE OF CLUB MEMBERS WALKED**

QUINTON SENIORS    56%    REGION G

## **HONOURABLE MENTION PERSONAL ACHIEVEMENT**

LOUISE MATSMER    422 MILES  
CHITEK LAKE SUNSHINE GROUP    REGION B

# SSAI Resolutions 2016

## **1. Dispensing Fees Resolution:**

Whereas pharmacies throughout the province of Saskatchewan have no consistency in the dispensing of fees have adopted several variations

And whereas, this dispensing fee inconsistency is creating confusion, especially among seniors;

And whereas, the difficulties of accessing prescribed medications in rural Saskatchewan can have some serious implications

*Therefore be it Resolved that the Saskatchewan Seniors Association Inc. lobby the Government of Saskatchewan to amend the legislation that regulates pharmacies and the dispensing of fees to effect required changes which would protect the consumers, provide a consistent approach to the dispensing of medications, and enable dispensing a prescription of more than one month for one fee.*

SSAI JUNE 8/2016 - PASSED

## **2. Deprescribing Drugs Resolution**

Whereas unnecessary hospitalizations result from taking too many medicines.

And further, many long term care facilities can manifest this issue by over prescribing medication to control behaviour.

And Whereas among retirement-aged older men and women in Canada:

66% take five drugs or more,

27% take 10 drugs or more,

Over age 85, 39% take 10 drugs or more,

1-in-4 of these medicines is potentially harmful and unnecessary.

And whereas the National Pensioners Federation Executive Board has announced its decision to join the Canadian Deprescribing Network.

**Therefore, be it resolved** that the Saskatchewan Seniors Association support the actions of NPF and the Canadian Deprescribing Network.

**Therefore be it resolved that SSAI urge the Ministry of Health, Province of Saskatchewan, to engage in this process to enable positive deprescribing drug practises be put in place, with the goal of reducing inappropriate prescriptions for seniors by 50 per cent by 2020.**

SSAI JUNE 8/2016 - PASSED

## **3. SENIORS BILL OF RIGHTS**

Whereas the seniors of this province have dedicated their whole lives in the developing of this province so as to be able to enjoy their retirement years peacefully;

And whereas seniors in society tend to get overlooked, taken for granted, or exploited by many agencies, government departments and ministries;

And whereas many seniors, in trying to access needed medical, physical and/or social attention, get exploited for fraudulent purposes;

And whereas seniors need to have legal protection to assist in maintaining a quality of life with dignity and security;

**Now therefore be it resolved that SSAI lobby of the Government of Saskatchewan to enact a Seniors' Bill of Rights to enable seniors to have a legal framework for their protection.**

SSAI JUNE 8/2016 - PASSED

#### **4. SSAI Resolution: SSM Membership in NPF**

Whereas many of the issues that seniors need to address are both of a provincial and national nature, the need for advocacy at both levels is very important.

And whereas provincial issues of SSAI members – resolutions, are addressed by SSAI through advocacy work with the government and opposition

And whereas SSM is the umbrella organization of most of the seniors organizations within the province, but does not have a formal connection with any national seniors organization

And whereas the National Pensioners Federation actively advocates for seniors on the national level.

**Therefore be it resolved that Sask Seniors Association Inc. actively lobby SSM – the Saskatchewan Seniors Mechanism to establish effective communications from the provincial to the federal levels by membership in NPF.**

SSAI JUNE 8/2016 - PASSED

### **5. POSTAL BANKING SERVICES**

Whereas the Federal Government is on the edge of deciding whether to keep Canada Post Offices operating in small rural communities in Saskatchewan

Whereas many post offices have very little postal activity or economy based on usage of normal postal services due to changing demographics, new information technologies, and operational costs

Whereas Canada Post did provide Postal Banking services in Canada until 1988 and the operational framework and model is still in existence.

Whereas, the federal government is actively involved in funding programs to make communities Age Friendly

Whereas there is a need in rural Saskatchewan for banking services for seniors in isolated rural communities

**Therefore be it resolved that SSAI go on record as supporting the National Pensioners Federation and its coalition to urge the Federal Government to reinstate Postal Banking Services in those communities that have a very obvious need to maintain postal services by augmenting other services associated with Postal Banking.**

JUNE 8/2016 - PASSED

## **6. HEALTH CARE RESOLUTION**

Whereas rural residents that require medical surgery in larger centres are discharged to their local hospital to recover and,

Whereas the local family physician is not on duty when they are admitted, they automatically become under the care of the doctor on duty and

Whereas many of the doctors on duty are not permanent and are not familiar with the patient's medical history, this practise can jeopardize the well-being of the patient,

**Therefore be it resolved that the patients have the right to demand that their local physician be in charge of their recovery.**

SSAI JUNE 8/2016 - PASSED

## **7. Special Care Homes**

Whereas Saskatchewan has an aging population, and will require more Special Care beds,

And whereas many surgical procedures have to be postponed time and time again, due to acute care hospital beds being taken up by seniors waiting to be transferred to Special Care Homes,

**Be it resolved that more *publically funded and administered* Special Care Homes be expanded or built in rural centres, nearer Seniors' home base and their families.**

AMENDED      SSAI JUNE 8/2016 - PASSED

## **8. Region A – SSAI- Addition of a 4<sup>th</sup> District**

Whereas Region A is a large, unwieldy area due to the North Saskatchewan River and huge distances;

**Be it resolved that a fourth District – District 4, be added and a c o-ordinator secured for the six clubs located south and west of the river.**

**Rationale: Thus Region A:**

**District 1** would serve Pierceland, Goodsoil, and Loon Lake

**District 2** would serve Livelong, Mervin and St. Waldburg

**District 3** would serve Edam, Meota, and Maymont

**District 4** would serve Cut Knife, Neilburg, and Marsden on Hwy 40 and Paynton, Maidstone, and Lashburn on Hwy 16

SSAI JUNE 8/2016 - PASSED

## **9. Region A – SSAI – Federal Subsidy to Farmers**

Whereas the federal government saw fit to allow the sale of rail tracks and ties to an American consortium after allowing the closure of many branch lines;

Whereas the lines that were closed were essential to farmers to get their goods to market

**Be it resolved that SSAI, through the National Pensioners Federation, lobby the federal government to provide a subsidy to all the affected farmers who now have to haul their produce to market at a distance over a hundred kilometres round-trip.**

TABLED

## **10. Shingles Vaccine**

Whereas Shingles, a horrible disease causing great discomfort, is becoming more prevalent in the province of Saskatchewan.

Whereas, there is a vaccine for this disease costing \$200.00 and most of our seniors cannot afford it and would rather take the chance they will not contract the disease.

Whereas, if nothing is done and seniors do get shingles, it means a thousand dollars a day in hospital costs, money which could be put to better use elsewhere. And whereas the recovery period can take a year or longer, there is no reason for our seniors suffering from Shingles unnecessarily when a vaccine is available.

**Therefore be it resolved that SSAI urge the Government of Saskatchewan to make Shingles vaccine available and free to all seniors in our province.**

SSAI JUNE 8/2016 - PASSED

## **11. Legal Status of SSAI Clubs**

Whereas some clubs have discovered that they are not incorporated under the regulations of Saskatchewan Justice – Corporations Branch.

**Be is resolved that SSAI investigate the legal status of the clubs to ensure that all the clubs and members have the same protection as individually incorporated clubs and communicate this information to the affected clubs as soon as possible.**

SSAI JUNE 8/2016 - PASSED

## 12. Assessment of Property – Seniors Centres

- Whereas the re-evaluation of properties resulted in high values for commercial properties in rural Saskatchewan;
- And whereas these values do not reflect the reduced services within the municipalities as compared with cities;
- And whereas the next re-evaluation will be occurring in 2017
- **Therefore be it resolved that SSAI lobby the government of Saskatchewan and SAMA to amend their policy on property assessment to provide for assessing services in rural Saskatchewan to reflect the lower service levels.**

SSAI JUNE 8/2016 – PASSED

## 13. Assessment of Seniors’ Centres – Changing Commercial to Recreational

- Whereas currently there is no provincial funding for the operation of seniors centres;
- Whereas most, if not all seniors’ centres are used as cultural/recreation centres, but are assessed as commercial properties which are in turn taxed at 100% of assessed value;
- And whereas the next re-evaluation will be occurring in 2017
- ❖ **Therefore be it resolved that SSAI lobby the government of Saskatchewan and SAMA to change the classification of Seniors Centres from commercial to recreational.**

SSAI JUNE 8/2016 - PASSED

## 14. PRESCRIPTION FEE INCREASE IN 2016 BUDGET

Whereas a high percentage of seniors are attempting to carry a lifestyle at an income level which is below the poverty level of Saskatchewanians and Canadians.

Whereas the CCP increase for senior this year is 1.2% and the OAS increase is 0.1% for the first quarter of 2016.

And whereas the Saskatchewan Government has approved a Saskpower utility increase of

10% over two phase in periods - 5% increase effective July 1, 2016 and 5% increase effective January 1, 2017. This follows **five per cent** rate increase (system-wide average) for 2015.

And whereas the Saskatchewan Government, Effective 1 July 2015, reduced the income threshold above which individuals are not eligible to participate in the Seniors' Drug Plan to \$65,515 from its current level of \$80,255. The reduction in the income threshold is expected to remove 6,000 seniors in Saskatchewan from the Seniors' Drug Plan and result in a savings to the province of \$3 million in the 2015/2016 fiscal year.

And whereas the Saskatchewan Government, in its 2016 budget decided to increase the **per prescription fee by \$5** (to a maximum of \$25) under Seniors' Drug Plan. This change will affect 120,000 seniors by an average of \$80 per year - minimum.

**Therefore be it resolved that SSAI lobby the Government of Saskatchewan and the opposition to immediately introduce legislation to amend the budget to eliminate the proposed increase in the per prescription fee of \$5.00**

SSAI JUNE 8/2016 – PASSED

## **15. INCREASE IN CPP BENEFITS**

**Be it resolved that SSAI endorse the initiative of NPF as a supporter in its open letter to the federal government and all the finance ministers to facilitate a CPP increase in benefits.**

SSAI JUNE 8/2016 – PASSED

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# Minto Rec Centre



201 – 13 Street East Prince Albert, SK S6V 1C8 Phone: (306)-763-3177  
www.mintobowl.com

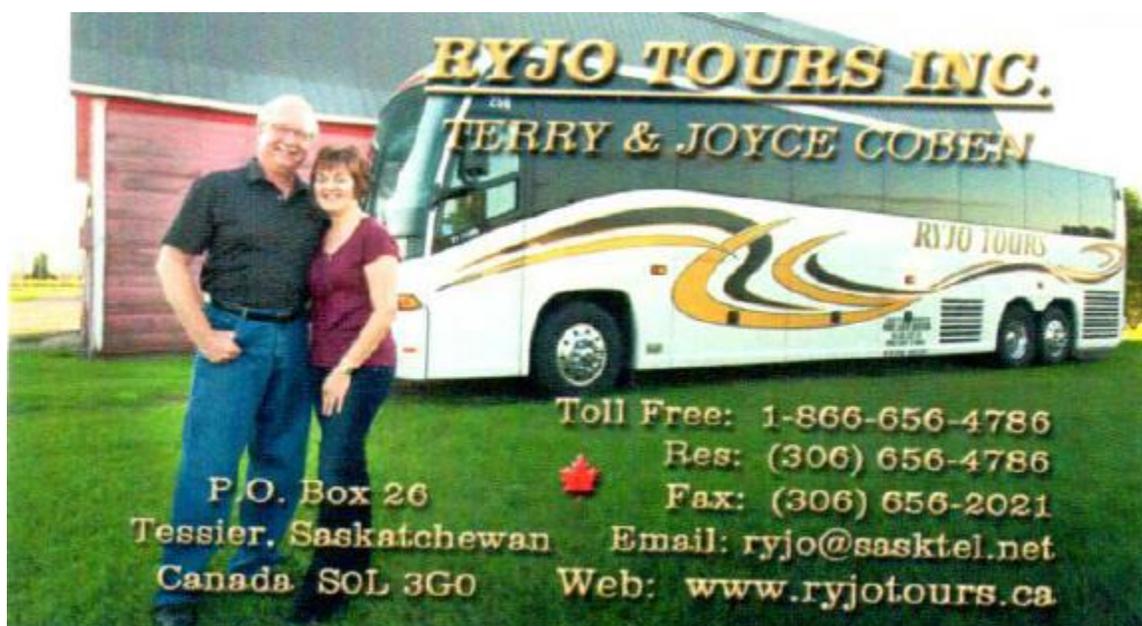
## Saskatchewan Seniors Association Inc.

### Profit & Loss Standard

	April 1, 2016 - March 31, 2017	April 1, 2015 - March 31, 2016
<b>Income</b>		
Bowling Tournament		
Bowling Tournament 2015		\$9,620.00
Bowling Tournament 2016	\$7,995.00	
Bowling Tournament 2017	\$6,029.50	
Bowling Tournament Other		\$500.00
<b>Total Bowling Tournament</b>	<b>\$14,024.50</b>	<b>\$10,120.00</b>
Convention Income		
50/50	\$319.00	
Lottery Raffle Tickets	\$18,342.00	
SLG lottery grant (25% of net revenue)	\$2,788.74	
Silent Auction	\$610.00	
Convention Registrations	\$3,555.00	\$3,869.50
Donations	\$350.00	\$800.00
<b>Total Convention Income</b>	<b>\$25,964.74</b>	<b>\$4,669.50</b>
Fundraising		\$1,150.00
Interest Income	\$188.46	\$199.17
Per Capita Dues - Memberships	\$20,948.00	\$28,385.00
Sask Mechanism- Grants	\$9,000.00	\$9,000.00
<b>Total Income</b>	<b>\$70,125.70</b>	<b>\$53,523.67</b>
<b>Expense</b>		
Accounting	\$200.00	\$550.00
Bank Charges	\$154.90	\$65.60
Bond / Insurance	\$-	\$300.00
Bowling Expense 2015		\$187.00
Bowling Expenses 2016	\$35.88	\$8,160.04
Bowling Expenses 2017	\$5,835.18	
<b>Total Bowling Tournament</b>	<b>\$5,871.06</b>	<b>\$8,347.04</b>

Convention Expenses		
Convention Hotel	\$5,414.92	\$6,196.52
	included below in	
Convention Meals	"Meals"	\$439.91
	included below in	
Convention Mileage	"Mileage"	\$2,721.17
Convention Miscellaneous	\$1,718.57	\$944.00
<b>Total Convention expenses</b>	<b>\$7,133.49</b>	<b>\$10,301.60</b>
Gray Matters Newspaper	\$6,900.00	\$7,300.00
Hotels	\$1,931.55	\$1,478.30
Inkind	\$2,577.00	\$4,984.00
Administration	\$5,385.00	
Meals	\$1,602.89	\$993.32
Membership (2017 NPF)	\$350.00	\$700.00
Mileage	\$9,945.36	\$6,939.70
National Pensioners Convention		\$1,112.95
Office Expenses	\$500.87	\$1,834.84
Postage	\$1,993.91	\$2,015.15
Lottery Raffle Expenses		
	Raffle 2014	\$80.22
	2016 prize winners	\$5,000.00
	2016 -25% rebate to clubs	\$4,519.50
	Raffle 2016	\$635.93
		\$820.00
<b>Total Raffle Expenses</b>	<b>\$10,155.43</b>	<b>\$900.22</b>
Rent	\$950.00	\$2,400.00
SSM Convention	\$270.00	\$650.84
Telephone	\$95.00	\$312.60
Printing	\$684.60	
Website	\$109.86	\$109.86
Advertising / Press Release	\$52.50	
ISC fee	\$10.00	
Other	\$612.27	
<b>Total Expenses</b>	<b>\$57,485.69</b>	<b>\$51,296.02</b>
<b>Net Income</b>	<b>\$12,640.01</b>	<b>\$2,227.65</b>

ASSETS	as of March 31, 2017	as of March 31, 2016
Main Chequing Account	\$53,081.92	\$47,831.54
Lottery Account	\$28,763.34	\$22,565.07
Term Deposit @ Esterhazy Credit Union	\$6,788.79	\$6,788.79
Shares @ Esterhazy Credit Union	\$56.37	\$56.37
<b>TOTAL</b>	<b>\$88,690.42</b>	<b>\$77,241.77</b>
Balance at beginning of year	\$77,241.77	
carry over expenses from 2015	-\$1,191.36	
subtotal	\$76,050.41	
Net profit (loss)	\$12,640.01	
Total	\$88,690.42	





**Herb John, President,  
National Pensioners Federation (NPF)**  
**Website: [nationalpensionersfederation.ca](http://nationalpensionersfederation.ca)**

Herb's advocacy and political activities started at age 14 as a member of the Windsor N.D.P. Youth.

This spirit of activism was developed as a teen in the late 1960s and early 1970s when the Civil Rights, Peace and Environmental movements were making huge changes in the development of our social values.

Herb worked at Ford Motor Company from 1973 till 2003. Herb was involved with Environmental organizations such as Local 200 Environment Committee, C.A.W. Council Environment Committee, the Citizens Environment Alliance, the C.A.W. Windsor Regional Environment Council, Windsor/Essex County Earth Day Committee and Earth Day Canada.

Since retiring he was elected Vice-chairperson and then Chairperson of the C.A.W. Local 200 Retired Workers Chapter. He was also elected Vice-Chairperson of the Essex Kent/Windsor C.A.W. Area Retired Workers Council. In September 2010 at the Retired Workers Annual National Conference Herb was elected to the C.A.W. National Retired Workers Advisory Executive Board. Herb also serves on the Board of Directors of the Chatham Kent Health Alliance.

When he was elected president of the NPF at the annual convention in October 2012 he resigned as Chairperson of the C.A.W. Local 200 Retired Workers Chapter and the Vice-Chairperson of the Essex Kent/Windsor C.A.W. Area Retired Workers Council in order to have the time required to fulfill this new position.



**Dr. Ryan Meili**

Ryan Meili is a family doctor, community builder, and the MLA for Saskatoon Meewasin.

Ryan's book, *A Healthy Society: How a focus on health can revive Canadian democracy*, argues that we can achieve better outcomes for everyone by working together to address the upstream causes of poverty, crime and ill-health.

Ryan lives in Saskatoon with his wife Mahli, a pediatrician, and their son Abraham.



**June Gawdun, Executive Director**

**Saskatoon Council on Aging (SCOA)**

**Website:** [www.scoa.ca](http://www.scoa.ca)

**Phone:** (306) 652-2255

June Gawdun has been the Executive Director of the Saskatoon Council on Aging for the past 20 years. June has a background in management and finances. As the Executive Director she is responsible for networking with community agencies to enhance the work of the Council on Aging, overseeing operations, managing human resources, volunteers, finance and legal requirements of the Council on Aging.



**Holly Schick**

**Saskatchewan Seniors Mechanism (SSM)**

**Website:** [skseniorsmechanism.ca](http://skseniorsmechanism.ca) **Phone:** (306) 359-9956

Holly grew up in Lemberg, Saskatchewan. She attended university in Saskatoon and Regina. Much of her working career has been as ministry personnel in the United Church where she had the opportunity to live and work in a number of communities throughout Saskatchewan. Looking for an opportunity to do something different resulted in her accepting the position of Executive Director of the Saskatchewan Seniors Mechanism in 2009. Working on projects and programs that allow various groups to collaborate, address issues and build a positive view of older adults are some of the things that she enjoys about her work. Some other interests include genealogy, playing bridge, theatre, and spending time with family and friends. She currently sits on the board of the Saskatchewan Genealogical Society, chairs the board of the Regina Anti-Poverty Ministry, and is the Dean of the College of Certified Saskatchewan Genealogists.



# MOURNING GLORY

FUNERAL AND CREMATION SERVICES

(306) 978-5200

**John Schachtel**

**Website: [www.mourningglory.ca](http://www.mourningglory.ca)**



John Schachtel has worked in the funeral profession for 30 years. He is originally from Humboldt and after apprenticing with Scharf's Funeral Home went on to work in or manage funeral homes in Foam Lake, North Battleford, Prince Albert, Spiritwood and Saskatoon, opening Mourning Glory Funeral Services on November 1, 2002. John has been dedicated to serving families for the last 25 years in Saskatoon. He is loved and appreciated because of his personal touch, his professionalism, and his genuine compassion.

**Janice May – Saskatoon Housing Authority**

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

Phone: **306-668-2700**



*“Housing plays a crucial role in providing stability for people to live independently and with dignity.”*

The Saskatoon Housing Authority (SHA) is an agency of the Saskatchewan Housing Corporation (SHC) and governed by an independent local Board of Directors. We are responsible for the ongoing operation of the provincially-owned public housing portfolio in Saskatoon. The SHA seeks to maintain and improve the quality of the existing housing units and to provide an effective housing service.

# SSAI Resolutions 2017 – By Topic

## A. HEALTH CARE

### **1. Transitioning – The Need for Health Care Consultations with Seniors**

Whereas the delivery of health services across the 12 health regions in the province have had a wide variance in the quality and capacity;

Whereas, the transitioning to one health authority will necessitate many program delivery changes in health regions;

Whereas, the accessibility of health services for seniors in rural Saskatchewan has become a very serious concern;

Whereas the provincial financial position is affecting the manner and methods being implemented in health services delivery; the increased charges for medications and services is making it very difficult for some seniors to afford them;

**Therefore Be it Resolved** that Saskatchewan Seniors' Association Incorporated lobby the Ministers of Health and the Government of Saskatchewan to ensure that meaningful consultations with each provincial seniors' organization in respect to making the delivery of health services to seniors more effective and timely, in light of the transformational changes being implemented in regards to transitioning from 12 Health Regions to one Health Authority.

SSAI Executive  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

### **2. Cancellation of Wellness Clinics:**

Whereas Seniors have dedicated their lives to improve their communities to live out their lives in comfort, and whereas the Federal Government has recently provided the provinces monies for Home Care and Mental Health, and

whereas many seniors are diabetics or have high blood pressure and need to be monitored regularly and have professional foot care.

**Therefore be it resolved that our Wellness Clinics be reinstated as soon as possible.**

Chitek Lake Sunshine Group  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

### 3. Shingles Vaccine

Whereas ----Consider making vaccines available for the prevention of the shingles -- causing virus more readily available to Seniors who are at an increased risk for contact shingles as well an increased issue, e.g. ,, pain and health wise.

Whereas --The vaccine at present is very costly and requires a Physicians prescription. This is inconvenient or even prohibitive for many seniors. This could be a significant saving to the Health Care system in decreasing costly effects of shingles.

Whereas seniors in the province are being taxed of their finances and are experiencing extreme difficulty in being able to afford the necessities of life.

**Therefore Be it Resolved -- that SSAI lobby the government of Saskatchewan to make the shingles vaccine available through Pharmacies or Nurse Practitioners (much like the influenza and pneumonia are given now) at no cost to seniors.**

Blaine Lake Seniors' Centre.  
District 23 Clubs -Invermay –Lintlaw –  
Preeceville  
Region H Mtg

### 4. Wellness Clinics

Whereas: The Wellness Clinics in PAPHR have been discontinued.

Whereas: Rural Seniors have difficulties getting to more centralized locations.

**Be It Resolved: That SSAI lobby the Government of Saskatchewan to ensure that Wellness Clinics be re-instated in the smaller rural communities.**

Big River Seniors Club #64  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

## B. LIVING WITH DIGNITY - FINANCIAL

### 1. TAXING SENIORS HEALTH BENEFITS

Whereas many seniors on fixed incomes have financial difficulty making ends meet without further off-loading and downloading of existing program costs;

Whereas Old Age Pensions and Supplements have not increased sufficiently to cover the increased financial demands due to the cost of living, increased utility costs, medication costs, property taxes, etc.

Whereas many seniors are being challenged to try to live in dignity while receiving benefits below the poverty level;

**Therefore be it resolved that SSAI through the National Pensioners' Federation to oppose the Federal Government's proposed Taxing of Health Benefits.**

SSAI Executive

District 23 Clubs -Invermay –Lintlaw – Preeceville

**Amendment: Region H Mtg – insert "seniors" in proposed Taxing of ..... Health Benefits**

## **2.Seniors Safety**

**Whereas:** Many seniors live alone and family members worry for their safety.

Whereas: Many can't afford to have a security systems installed and pay a monthly payment.

Whereas: Our Gov't encourages seniors to stay in their homes.

**Therefore be it Resolved: That SSAI lobby the Government of Saskatchewan to offer monetary help in the way of grants or reimbursements to help keep people safe and remain in their homes with the purchasing security systems.**

Big River Seniors Club #64

District 23 Clubs -Invermay –Lintlaw – Preeceville

**Amendment: Region H Mtg: Add purchasing of security systems . . . "only if required"**

## **3. Seniors Safety**

**Whereas:** Many seniors live alone and family members worry for their safety.

Whereas: Many can't afford to pay a monthly payment for Medic Alert.

Whereas: Many Seniors, who live alone, are more prone to falls at home – in the house, apartment, yard, etc. and are not able to get up and move to safety

**Therefore be it Resolved: That SSAI lobby the Government of Saskatchewan to provide Life line or Medic Alert service to seniors 65 years of age or older at no charge.**

SSAI Executive

District 23 Clubs -Invermay –Lintlaw – Preeceville

Region H Mtg

# **C. ADVOCACY – SENIORS' VOICE**

## **1.Engaging Members in Program Delivery**

Whereas seniors live throughout the province and don't always have access to programs or services in larger centres;

Whereas SSM accesses funding from New Horizons and the Ministry of Health to provide programs services for seniors provincially;

Whereas many seniors' organization have a very close, engaging relationship with their membership and are more sensitive to their needs;  
Whereas SSM is trying to serve as an umbrella organization for seniors, but hasn't involved seniors' organizations as much as they could have in the delivery of many programs – Active Aging, Isolation, Age Friendly, etc.

**Therefore Be it Resolved** that Saskatchewan Seniors' Association Incorporated lobby the Saskatchewan Seniors' Mechanism to review their programs for seniors and to develop strategies for engaging member organizations in the delivery of seniors' programs – especially in rural Saskatchewan.

**SSAI Executive  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg**

## **2. SENIORS' ADVOCATE**

Whereas the ombudsman's office has a very broad portfolio and cannot really be focused on the range of issues facing seniors;

Whereas some provinces have created this position to more effective address the needs of seniors so that they can live in dignity;

Whereas the office would provide a focal contact point whereby seniors and senior organizations could more effectively communicate concerns with government

**Therefore Be it Resolved** that the Government of Saskatchewan create the position of Seniors' Advocate to enable better, more responsive proactive action to address the needs and concerns of seniors in the province.

**SSAI Executive  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg**

## **3. Library Cuts**

Whereas: Seniors depend on the regional libraries for entertainment, learning and activities.

Whereas: Seniors can't afford to buy books and need a wide variety of reading Material.

**Therefore be it Resolved: That SSAI lobby the Government of Saskatchewan to re-instate inter-library exchanges of books and material.**

**Big River Seniors Club #64  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Tabled - Region H Mtg**

## D. HOUSING

### 1. Seniors Housing

**Whereas:** Sask. needs more affordable seniors housing. The seniors housing in our community were built in 1977, more than 40 years ago.

Whereas: Our community has a long waiting list to get into any housing.

**Therefore Be It Resolved:** That SSAI lobby the Federal and Saskatchewan Governments to provide funding for additional housing and up keep of said housing.

Big River Seniors Club #64  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

### 2. Homecare

Whereas: Homecare is offered to seniors to stay in their homes longer.

Whereas: Homecare workers are limited to what they can help with.

**Therefore be It Resolved:** That SSAI lobby the Government of Saskatchewan to review the Home Care's Duties to expanded and include more housekeeping duties as well. (Laundering, vacuuming etc.)

Big River Seniors Club #64  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

### 3. Long Term Care Homes

Whereas: Long term care homes experience violence and sexual abuse among patients.

Whereas: The case of violent or sexual offenders who have been released from incarceration and admitted to Long Term Care homes, what protection is offered for the existing residents.

**Therefore be it Resolved:** That SSAI lobby the Government of Saskatchewan to ensure that thorough criminal check are done and protection is offered at Long Term Facilities.

Big River Seniors Club #64  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

#### **4. Affordable Housing**

Whereas: The Senior population in Saskatchewan is rapidly increasing and as the costs to maintain an individual in a Long Term Care Facility is very costly to the Government and the individual;

Whereas the government is encouraging individuals to remain independent, providing more affordable housing for them to move into when they can no longer maintain their own home would be cost-efficient;

**Therefore Be It Resolved that SSAI lobby the Government of Saskatchewan to build or make it viable for others to build more affordable housing.**

Shellbrook Seniors Club  
Sec. – Marlene Mason  
Region H Mtg

#### **5. Long Term Care Fees**

Whereas the government pays/subsidizes the cost of Long Term Care fees;

Whereas it costs the Government out of their pocket to cover these costs;

Whereas a person that has lost a spouse and is maintaining their home despite the fact that they have lost the income of the spouse and the costs remain the same – i.e. utilities, insurance, repairs

**Therefore Be It Resolved that SSAI lobby the Government of Saskatchewan subsidize that surviving spouse via SIP or other appropriate programs so that they can afford to stay in their home.**

Shellbrook Seniors Club  
Sec. – Marlene Mason  
Region H Mtg

## **E. TRANSPORTATION SERVICES**

### **1. Health Services Transportation**

Health services in the province are becoming more centralized due to the health services delivery model, changing demographics, and amalgamation of health regions

STC is scheduled service is going to be terminated at the end of May 2017.

The Aging population contains more elderly residents in rural Saskatchewan, the waiting times to access services is increasing, and the ability to access services is more difficult, if not almost impossible.

Rural communities are attempting to enable seniors to access these very critically, required medical services

**Therefore Be it Resolved that SSAI lobby the Government of Saskatchewan and SGI to develop an insurance program which would provide the necessary liability protection to enable individuals to use their private vehicles for transporting individuals who require access to medical services.**

SSAI Executive  
District 23 Clubs -Invermay –Lintlaw – Preeceville  
Region H Mtg

## Membership

To become a member of the SSAI We ask that you contact us by phone, email, or mail. **The cost for membership is \$5.00**

**306-493-3023 info@saskseniors.com Box 455, Vanscoy, SK S0L 3J0**

By joining you are about to become part of a strong Association which continually works for the welfare of all seniors without regard to their religion, politics or racial origin.



You will have the Opportunity to attend conventions, meet other seniors get new ideas and learn about other interesting things in other areas. It provides you with the ability to bring your issues to the Provincial board where we can unite and speak directly to the government about them. You benefit from the work, research and planning, done by the SSAI.



You can be part of our family of activists and participate in our advocacy to improve the lives of aging Canadians.

Organizations register by your number of members in **“Club and Group Registration”**. All members of your organization will become members through your affiliation. They are entitled to all membership benefits and should register in your group.

Individuals that are not members of an organization can also register for the same benefits in **“Individual and Family Registration.”**

NPF receives no government funding and depends on membership and donations to support our activities.

All memberships include:

- Membership certificate
- 1 year subscription to The National Newsletter (3 issues/year)
- Important mailings
- Invitation to Annual Convention
- Special insurance rates for members
- Affinity Programs with Member Discounts

We encourage everyone to register online.

<https://nationalpensionersfederation.ca/membership/>

Registration is important for us to be able to communicate with you.

We can send our newsletter and other important information to your email address.

## Clubs and Group Registration

**Includes:**

- Membership Certificate
- 1 Year Subscription to The National Newsletter (3 issues published per year)
- Important Mailings
- Invitation to Annual Convention
- Special insurance rates for members

Club Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Province: \_\_\_\_\_

Contact: \_\_\_\_\_ Email: \_\_\_\_\_ Phone# \_\_\_\_\_

Number of Club/Group Members: \_\_\_\_\_

**Annual Club/Group Membership Dues:**

Under 100 Members	\$35.00	\$ _____
101 to 500 Members	\$75.00	\$ _____
501 to 1,000 Members	\$125.00	\$ _____
1,001 Members and over	\$350.00	\$ _____
Donations gratefully accepted	\$	\$ _____
Total amount of cheque	\$	

Please register online at : <http://www.nationalpensionersfederation.ca>  
 (Online registration is less expensive and very convenient)

or mail cheque & registration to:  
 NPF c/o Mary Forbes, Treasurer - 2186 Stanfield Road, Mississauga ON L4Y 1R5

[mary.forbes@npfmail.ca](mailto:mary.forbes@npfmail.ca) Phone# 905-306-1830

## Individual Registration

**Includes:**

- Supporter Card**
- 1 Year Subscription to The National Newsletter (3 issues published per year)**
- Important Mailings**
- Invitation to Annual Convention**
- Special insurance rates for member**

**NPF CLUB NO (if applicable)**

**Full Name:**

\_\_\_\_\_

\_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_

**Province:** \_\_\_\_\_

**email address:** \_\_\_\_\_

**Phone no#** \_\_\_\_\_

**Individual Membership Rate:**      \$25.00      \_\_\_\_\_

**Family Membership Rate:**      \$35.00      \_\_\_\_\_

**Donations gratefully accepted**      \$

**Total amount of cheque**      \$ \_\_\_\_\_

Please register online at : <http://www.nationalpensionersfederation.ca>  
 (Online registration is less expensive and very convenient)

**or mail cheque & registration to:**

**NPF c/o Mary Forbes, Treasurer - 2186 Stanfield Road, Mississauga ON L4Y 1R5**

[mary.forbes@npfmail.ca](mailto:mary.forbes@npfmail.ca) Phone# 905-306-1830

# International Day



## Of Older Persons



Seniors groups from across the country will be celebrating October 1st as part of the United Nations' International Day of Older Persons.

The International Day of Older Persons is observed on October 1 each year. On December 14, 1990 the United Nations General Assembly voted to establish October 1 as the International Day of Older Persons as recorded in Resolution 45/106. The day was observed for the first time on October 1, 1991.

NPF is a collaborating organization at <http://seniorsvoice.org>.

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## United Nations Principles for Older Persons

### **Adopted by General Assembly resolution 46/91 of 16 December 1991**

The General Assembly,

Appreciating the contribution that older persons make to their societies,

Recognizing that, in the Charter of the United Nations, the peoples of the United Nations declare, inter alia, their determination to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small and to promote social progress and better standards of life in larger freedom,

Noting the elaboration of those rights in the Universal Declaration of Human Rights, the International Covenant on Economic, Social and Cultural Rights and the International Covenant on Civil and Political Rights and other declarations to ensure the application of universal standards to particular groups,

In pursuance of the International Plan of Action on Ageing, adopted by the World Assembly on Ageing and endorsed by the General Assembly in its resolution 37/51 of 3 December 1982,

Appreciating the tremendous diversity in the situation of older persons, not only between countries but within countries and between individuals, which requires a variety of policy responses,

Aware that in all countries, individuals are reaching an advanced age in greater numbers and in better health than ever before,

Aware of the scientific research disproving many stereotypes about inevitable and irreversible declines with age,

Convinced that in a world characterized by an increasing number and proportion of older persons, opportunities must be provided for willing and capable older persons to participate in and contribute to the ongoing activities of society,

Mindful that the strains on family life in both developed and developing countries require support for those providing care to frail older persons,

Bearing in mind the standards already set by the International Plan of Action on Ageing and the conventions, recommendations and resolutions of the International Labour Organization, the World Health Organization and other United Nations entities,

Encourages Governments to incorporate the following principles into their national programmes whenever possible:

### **Independence**

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income-generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.

4. Older persons should have access to appropriate educational and training programmes.
5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
6. Older persons should be able to reside at home for as long as possible.

### **Participation**

7. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
8. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
9. Older persons should be able to form movements or associations of older persons.

### **Care**

10. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.
11. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.
12. Older persons should have access to social and legal services to enhance their autonomy, protection and care.
13. Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.
14. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

### **Self-fulfilment**

15. Older persons should be able to pursue opportunities for the full development of their potential.

16. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

### **Dignity**

17. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

18. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

## **OCTOBER 1 EVENT TEMPLATE**

### **1. Form an organizing committee**

consisting of members from various seniors' organizations, unions, Legion branches, etc.

### **2. Contact city/town hall/legislature building**

to obtain permission to do a flag-raising event for International Day of Older Persons event and book the space where the flag pole resides. If October 1st falls on a weekend municipal buildings and services may not be available. Two options to address this are to have the flag raising at a different location or have the flag raising on the Friday prior to the weekend.

### **3. Acquire a United Nations "International Day of Older Persons" flag**

from Universal Promotions. Flag details and pricing and online ordering information is available at the website: [seniorsvoice.org](http://seniorsvoice.org)

For manual orders contact by email: [harvey@universalpromotions.com](mailto:harvey@universalpromotions.com)

Flags are \$85 plus taxes

Order before August 18<sup>th</sup>, 2017.

All deliveries will take place by September 19, 2017.

- Size : 5' X 3'
- 70 denier nylon
- Closed sleeve for pole on the left
- Two grommets on the left
- Union-made in Canada
- Available in English and French

#### **4. Invite politicians**

including the mayor, local MPP, and MP to the event and to give a short speech at the event.

Include the joint “Seniors Voice” letter in the invitation

Inform the politicians that they will participate in raising the flag with representatives of other organizations and that media may be present.

Designate someone on your committee as the main contact person for the offices of the politicians and other speakers.

#### **5. Establish an agenda**

Determine who will give the opening, which speakers will speak in what order, who will raise the flag, and who will close the event.

Set specific times for each of the speeches (generally no more than 3-5minutes.

Ensure that the contact person for the speakers communicates these details.

#### **6. Invite various organizations and the public**

To participate in the event once the details of the event have been confirmed.

Do not limit yourself to only senior/retiree organizations as other unusual voices will only strengthen your cause.

Share the joint “Seniors Voice” letter to encourage others to join in the action to raise aging Canadian’s concerns.

For the actual raising of the flag, request that each organization has one representative to help raise the flag at the event.

#### **7. Invite the media to attend the event.**

Send out a news release that includes: event details, names of various organizations gathering, names of politicians who will be joining, and how many other cities across the country are all raising flags together in celebration of International Day of Older Persons.

Attach the joint “Seniors Voice” letter to the news release.

Designate someone on your committee as the main media contact; this person may be the spokesperson for the event.

#### **8. Event day set up**

Depending on the space and the number of people you expect, you may want to have a podium and mic set up.

Prepare the flag on the pole so it is ready to be raised

Have copies of the joint “Seniors Voice” letter available for media and attendees.

Depending on how long your event/ceremony will be, you may want chairs for the audience to sit while the speeches to take place.

May want to have refreshments to follow the event.

# Saskatchewan Seniors Association Inc.

Delegates: Convention Evaluation Form

June 7<sup>th</sup> and 8<sup>th</sup>, 2017 - Travelodge Hotel, Saskatoon

Please give us your comments/feedback by answering the following questions:

Were you satisfied with the overall convention? YES / NO

Please provide us with your comments regarding:

Guest speakers \_\_\_\_\_

Subject Matter \_\_\_\_\_

Resolutions \_\_\_\_\_

Venue \_\_\_\_\_

Meals & Banquet \_\_\_\_\_

Do you think we need an annual convention? YES / NO

Did you enjoy this convention? YES / NO

Would you attend another convention? YES / NO

What did you like best about this convention? \_\_\_\_\_

What did you dislike about this convention? \_\_\_\_\_

Any other comments or suggestions... \_\_\_\_\_

**Thanks for completing this survey. Please hand it in before you leave.**