



# Annual Convention

June 3<sup>rd</sup> and 4<sup>th</sup>, 2026  
Travelodge Hotel, Saskatoon  
SSAI Celebrates 45 Years!

Thanks to our SSAI Convention 2026 Sponsors:



Special thanks to Aspen Films  
for their technical expertise and for  
their in-kind discount for this event.



Thanks to everyone who contributed  
to the silent auction, including:



# Saskatchewan Seniors Association Inc.

## 2026 Convention – Travelodge, Saskatoon

**\*Please Silence Your Mobile Phone**



TIME	Wednesday, June 3, 2026
8:30	Sign-in & socialize
9:00	Light Start Breakfast (baked pastries, yogurt parfaits, fruit), coffee & tea
10:00	Welcome and opening remarks; Who's here; About SSAI
10:30	<b>Saskatchewan Blue Cross – Kari Dean (p.5-6)</b>
10:45	Exercise Break - Movement & Stretching
11:00	<b>Virginia Pavo, Senior Investment Advisor – Hartt Wealth of Harbourfront Wealth Management (p.7)</b>
12:00	Buffet Lunch (Soup, Salads, Sandwiches/wraps); 50/50 Draw
1:00	<b>SHA Advance Care Planning - Karen Spilchak (p.8)</b>
1:55	Exercise Break - Movement & Stretching
2:00	<b>AGM Reports (p.25-30): Financial, Bowling, Get-Active Challenge, Literary Challenge</b>
2:25	Exercise Break - Movement & Stretching
2:30	Coffee Break – Healthy Options (Cheese & Crackers, Veggies & Dip, Fruit)
2:45	<b>Constitution amendments (p.19-20); Resolutions Round 1 (p.31-37); Elections (p.17-18) – 2<sup>nd</sup> Vice, Vacant Directors/coordinators, Swearing in of officers (p.24), Photo; 50/50 Draw</b>
3:55	Exercise Break - Movement & Stretching
4:00	<b>Meeting for SSAI Executive, Directors, and Coordinators (p.39)</b>
6:00	Banquet & Social - Music & Entertainment by Treble Makers

# Saskatchewan Seniors Association Inc.

## 2026 Convention – Travelodge, Saskatoon

**\*Please Silence Your Mobile Phone**



TIME	Thursday, June 4, 2026
8:00	All Canadian Breakfast Buffet (Eggs, potatoes, bacon, sausage, fruit, pastries), coffee & tea
9:00	<b>TruStage Life of Canada/Purple Shield – Tammy Nienaber (p.11)</b>
9:55	Exercise Break - Movement & Stretching
10:00	Coffee Break – Healthy Options (Parfait Goodness)
10:15	<b>Red Cross – Emergency Preparedness Workshop (p.12)</b>
11:10	Exercise Break - Movement & Stretching
11:15	<b>SSAI Resolutions Round 2 (p.31-37)</b>
12:00	Buffet Lunch – Silent Auction ends; 50/50 Draw; Raffle Ticket Draw
1:00	<b>Sask Districts/SPRA – workshops: grant writing/board governance (p.13)</b>
1:55	Exercise Break - Movement & Stretching
2:00	<b>Genie Senior Services – Konstantinos Georgopoulos (p.14)</b>
2:15	Coffee Break – (Loafing Around)
2:30	<b>Interactive Group Discussions</b>
3:10	Exercise Break - Movement & Stretching; Door Prizes
3:15	<b>Open Mic – Thoughts &amp; Reflections; Closing Remarks and Next Steps</b>
4:00	Adjourn Convention – <b>Please hand in completed evaluation forms (p.42).</b>



**SSAI Celebrates 45 years! – June 12, 1981 the Pensioners and Senior Citizens Organizations and the Saskatchewan Association of New Horizons Projects joined forces to form a larger organization which took on the name... Saskatchewan Seniors Association Inc. (SSAI).**



Help us create a collage to celebrate! – write on one of the flower paper cut-outs provided to tell us about the milestone that you or your seniors club are celebrating this year. Be sure to include your name. Add your flower to our display board.



## Thanks to our Supporters:



*Older  
Adults  
Moving  
Forward*



SSAI would also like to acknowledge the support of Saskatchewan Seniors Mechanism and the Saskatchewan Lottery Trust Fund for SSAI Outreach to Seniors. Some of their funding pays for the quarterly distribution of the SSAI newsletter in Gray Matters, for printing and postage expenses, and costs associated with providing livestream and recordings of this event.



### ***Special thanks to all the volunteers in our organization!***

We recognize that every one of you have volunteered at some point for something that you were passionate about and many of you continue to do this valuable work. There are several volunteers in each of the rural seniors' clubs. Many of the activities in your community would not happen without your time and commitment. It is important to thank our executive board including the Directors and Coordinators for their time attending meetings, working on committees, planning convention, bowling, and the get-active challenge, working on resolutions, and providing updates to/from their club, district and region.

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# Supporting your health and wellness for 80 years.

For eight decades, Saskatchewan Blue Cross has served communities across the province.

From small towns to cities, their focus has stayed the same: *helping you access health coverage, information and support when you need it most.*

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# Presentation highlights:

## Health Literacy and aging well in Saskatchewan

### What the actively aging need to know and why it matters

Understanding health information is not always easy, especially as health needs become more complex with age. In this engaging and accessible presentation, Kari Dean shares key findings from a Saskatchewan-wide study on Health Literacy and what they mean for actively aging individuals, caregivers and communities.

This session is not technical or academic. It focuses on real experiences older adults face every day when navigating appointments, medications and health services.

### In this presentation, you will learn:

- What Health Literacy really means and why it affects everyone
- Common challenges the actively aging face in the health system
- Why confidence does not always match understanding
- How unclear communication can lead to missed care, delays and safety risks
- What the actively aging say helps them feel more confident and supported
- Practical tips actively aging folks can use right away to ask questions and get clear information

The presentation also highlights how Health Literacy is a shared responsibility. Clear communication, trusted information and navigation support all help the actively aging community stay independent, make safer choices and feel supported.

### Who should attend:

- The actively aging
- Caregivers and family members
- Community organizations
- Anyone interested in improving access to clear and understandable health information



**Kari Dean**

Community Engagement  
Specialist, Saskatchewan  
Blue Cross

### ABOUT THE PRESENTER

**Kari Dean** is a member of the Brand, External Affairs and Community team at Saskatchewan Blue Cross. In her role as the Community Engagement Specialist, she leads the organization's community investment and sponsorship portfolios. Born and raised in Regina, she now resides just north of Saskatoon with her husband and two children, both students at the University of Saskatchewan.

Her career includes a wide range of experience in the areas of tourism, aviation and philanthropy. In addition to her commitment and participation in Saskatchewan Blue Cross's community initiatives, she is passionate about giving back to her community and currently serves as the President of her local Kinettes Club and as a volunteer committee member for the Jim Pattison Children's Hospital Foundation Jeans & Jewels Gala.

*Presented by Saskatchewan Blue Cross as part of its ongoing commitment to supporting Health Literacy, community well-being and healthier aging in Saskatchewan.*

# Estate Protection: Leave More Than Money

with Virginia Pavo

Join us at the  
Saskatchewan Seniors  
Association Convention 2026  
Travelodge, Saskatoon  
**June 3, 2026 | 11:00 am**



## Virginia Pavo

Virginia is the founder of Hartt Wealth at Harbourfront Wealth Management. Her expertise is in retirement planning, tax-efficient strategies, business growth, and estate coordination. A former CRA professional and lifelong entrepreneur, she brings 20 years of financial experience helping clients across Canada. Rooted in Saskatchewan values and supported by an expanded advisory team—including her daughter, Taylor—Virginia is dedicated to family-focused wealth management and active community leadership. We are passionate about strengthening your financial health and well-being.

### Appropriate Investments in Retirement

- Guarantees / Staying Ahead of Inflation
- Estate Protection / Bypassing Probate
- Joint Ownership - Pros and Cons

### The Importance of Proper Estate Planning

- Tax-friendly wealth transfer strategies.
- Intestate: What happens when we pass without a will.
- The role of an executor and POA.
- What you know vs. what your family knows.
- Choosing beneficiaries carefully.

### 15 Minute Open Discussion

- This interactive discussion is designed specifically for each participant to be able to answer your own estate planning questions.



harttwealthmanagement.com

### Saskatoon Office

1633A Quebec Ave., Saskatoon, SK  
639.398.7822 | info@harttwealth.com

## **Karen Spilchak BSW, RSW**

Advance Care Planning Program  
Senior Health Educator



I am a registered social worker with over 25 years of experience working within the Saskatchewan Health Authority. I am currently part of the Advance Care Planning Program, where I support SHA staff and the public in advance care planning.

Throughout my career, I have worked across a variety of settings including acute care, KidsFirst, Client Patient Access Services, Mental Health and Addiction Services, and Primary Health. I am passionate about advance care planning and am committed to helping individuals explore and communicate their values, goals, and preferences for future health care. I reside in Saskatoon with my husband and we have three children who keep us busy.

### **Advance Care Planning Presentation Objectives**

- To understand what Advance Care Planning is, how it is a process, and why it matters
- To understand how the law in Saskatchewan impacts Advance Care Planning
- To discuss the 5 steps of Advance Care Planning
- Discuss Health Care Directives
- Discuss Substitute Decision Makers
- Discuss the Yellow Sleeve Program

## **Advance Care Planning Program**

### **Contact Information**

Please call our Intake Line Monday – Friday 8:00 a.m. – 4:30 p.m. at

**1-833-544-2255** or email our program at:

**[advancecareplanningprgm@saskhealthauthority.ca](mailto:advancecareplanningprgm@saskhealthauthority.ca)**



**Saskatchewan  
Health Authority**



**[saskhealthauthority.ca](http://saskhealthauthority.ca)**

## 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



Saskatchewan Seniors Association Incorporated (SSAI) is proud to be a part of the rich history of education in this province. We acknowledge that we are on the treaty lands and territory of Treaties 2, 4, 5, 6 8 and 10 territories, as well as the Homeland of the Métis. We pay tribute to their legacy and the legacy of all First Peoples of Canada, as we strengthen ties with the communities we serve and build the future for aging Saskatchewan citizens through learning and through advocacy. We honour and pay tribute to their citizens and ancestors for the spirit and energy that allow for SSAI to provide educational opportunities and advocacy. First Nation and Métis ancestors of Saskatchewan have a strong story about their heritage and history. Like them, SSAI represents all of our elders, their stories, and these stories serve as our legacy.



**Contact: Kitty Paslawski**

email: [kitty.1@sasktel.net](mailto:kitty.1@sasktel.net)

Facebook: Kitty Masear Paslawski

### **Members:**

Judy Adair, Marie Adair, Margaret Dasiuk, Lorna Hauta, Marlene Hendricks, Jean Hersberger, Barbara Leavins, Lyette Lemay, Kitty Paslawski, Linn Ptolemy, Laura Rafoss, Evan Schmidt, Janice Thomson, Barb VanReeuwijk, Carol Wall, Connie Westbury.

### **Recognition Deceased Members:**

Gordon Hersberger, Penny Masear, Tammie Masear, Diane Schmidt

### **About the Treble Makers:**

An invitation to learn how to play the Ukulele went out to gather Sept 4, 2018, at Mildens Coffee Row... hosted by Gordon and Jean Hersberger! We practiced weekly and by March we were asked to share our music with the Dinsmore Seniors Group for their birthday party which was our first "gig"! At that time, we had 12 members. Over the years we've had members come & go and said final farewells to a few 💔. One of our aha moments was participating in Wold Ukulele Day - Feb 2, 2020, at Market Mall, Saskatoon where we met the Davidson Ukeladies. We have joined with their group twice to bond and share our love of music, meeting for a day of fun then hosting an afternoon of music for people in the Outlook then Davidson areas! Such Fun! We are thankful that the call went out and we joined such a fun group that are unafraid to share, gather and ask people to join in the saving grace of music!

## Tammy Nienaber

### TruStage Life of Canada/Purple Shield

I started with Canada Purple Shield in 2019 as office manager and now am a dedicated professional, helping individuals and families plan ahead with affordable final expense and funeral plan solutions. My goal is to provide peace of mind by making it easy for clients to help their families at a difficult time. I take pride in offering clear guidance, honest advice, and personalized service to ensure each client finds a plan that fits their needs and budget.



#### Description of presentation:

Canada Purple Shield is a national organization that helps you and your family by offering pre-arranged funeral, final expense, and estate documentation services. Their programs are designed to ease the emotional and financial burden on families by ensuring that important end-of-life and estate details are organized and funded in advance. This session will also include tips on estate organization.

CANADA  
Purple Shield



Cell: 306.220.3210

Fax: 306.653.0260

Office: 306.664.3139

Toll Free: 1.800.661.8959

Email: [tammy.ps@sasktel.net](mailto:tammy.ps@sasktel.net)

## Tammy Nienaber

### Representative

TruStage Life of Canada  
[www.purpleshieldcanada.ca](http://www.purpleshieldcanada.ca)

3002 - B Taylor Street East  
Saskatoon, SK S7H 4J2



## BE READY

### Emergency Preparedness Workshop



**Canadian  
Red Cross**

#### About Red Cross:

The Canadian Red Cross's National Risk Reduction and Resilience team contributes towards efforts building safe and resilient communities by addressing individual and collective risks related to disaster and crisis events, including health emergencies and climate change. Disasters related to climate change and severe weather events are increasing. When coupled with inequalities and vulnerabilities in Canada, the Canadian Red Cross has shifted the way it addresses emergency

management, by focusing on the root causes of vulnerability to natural hazards and the need to integrate disaster risk reduction and climate change adaptation into community planning, development, and resilience-building efforts.

#### Workshop description:

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](https://redcross.ca/Beready)**

## FUNDING + FOUNDATIONS

with the Saskatchewan Sport, Culture and Recreation Districts

# SASK SPORT.CULTURE.RECREATION DISTRICTS

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



Rural seniors' clubs are at the heart of our communities—but navigating governance and funding can feel like a lot. This session breaks things down in a practical, easy-to-understand way.

We'll start by sharing more about the seven Saskatchewan Sport, Culture and Recreation Districts and how we can work together to build strong communities and meaningful connections. From there, we'll talk about building a strong foundation (mission, vision, and shared goals), where to find grants and funding, and tips to help your applications stand out.

Expect a few helpful tricks of the trade, plus time to connect, share, and learn from one another.

# saskdistricts.ca

Sport, Culture & Recreation in the Saskatchewan



Aileen Martin, Community Consultant Prairie Central District

[aileen@prairiecentral.ca](mailto:aileen@prairiecentral.ca) 306-726-2087

**Helping you  
downsize,  
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relocate to your  
new home!**



Transition services for seniors, taking care of all the logistics, from packing, moving, unpacking and setting up. One price, upfront.

## **Genie Senior Services**

Konstantinos Georgopoulos  
Saskatoon, SK  
639.597.4643

Website: [genieseniorservices.com/locations/saskatoon/](http://genieseniorservices.com/locations/saskatoon/)



## **Take a photo! And send it to us.**

We want to capture memorable moments from our annual convention. These photos will be shared on our website after the event and may also be shared with sponsors to use in their funding summary reports.

**Email: [info@saskseniors.com](mailto:info@saskseniors.com)  
or send by Text to Shannon: 306-493-7999**



# SSAI Tele-learning Workshops

Saskatchewan Seniors Association Inc. (SSAI) is excited to announce that we have once again received funding from the Government of Canada's New Horizons for Seniors Program. SSAI will use this funding to offer a series of Tele-learning workshops on topics relevant to seniors aging with dignity and independence. This project will help older adults learn new skills, increase their knowledge, make connections with others, and also engage them in volunteering and sharing their knowledge with others. It is important to support seniors living in rural or remote areas in Saskatchewan by promoting digital literacy skills and using technology to connect to a broader community.

SSAI will host three introductory online workshops before summer break. Volunteers and staff will meet monthly to plan a Fall session of weekly workshops from September to mid-December and a Winter session from mid-January to end of March. We encourage seniors to register to attend these free online workshops and complete the post-event surveys to provide valuable feedback to help us improve as we proceed with this project.

**Wednesday, June 10 at 9am – Saskatoon Council on Aging programs**

**Tuesday, June 16 at 9am – Trish McAuliffe, NPF – Ending Ageism**

**Wednesday, June 24 at 10am – Tim Hewson, Legal Wills**

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

**[saskseniors.com/workshops](https://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**

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**NOTE: SSAI purchased 6 iPads in 2024 and another 6 iPads in 2025 with NHSP funding. These iPads are available for Directors, Coordinators, Clubs, or members to borrow to attend Tele-learning Workshops and SSAI meetings. Please talk to Shannon Wright if you are interested in borrowing an ipad.**



## SSAI Board of Directors:

### June 2025

President: Lorraine Thibeault

Past President: Nici Warnock

1<sup>st</sup> Vice: Maria Palmer

2<sup>nd</sup> Vice: Vacant

+ Shannon Wright (Sec/Treas, CAO)

+ Region Directors

+ District Coordinators

<p><b><u>June 2026 Election</u></b></p> <p><b>2<sup>nd</sup> Vice:</b></p>
--

**We are seeking to fill vacant director positions for more regions.  
Please consider nominating someone from your area.**

REGION DIRECTORS	DISTRICT COORDINATORS	SSAI MEMBER CLUBS
<p><b>A</b> Barbara Johnson</p>	<p><b>1</b> Brian Farris  <b>2</b> Sandra Halseth  <b>3</b> Ilene Foulds  <b>3a</b> Jean Lawes</p>	<p><b>1</b> Goodsoil, Loon Lake, Pierceland  <b>2</b> Frenchman Butte, Livelong, Mervin  <b>3</b> Edam, Meota  <b>3a</b> Cut Knife, Marsden, Maymont, Neilburg</p>
<p><b>B</b> Bruce Clements</p>	<p><b>4</b>  <b>5</b>  <b>6</b>  <b>6a</b></p>	<p><b>4</b> Big River, Blaine Lake, Canwood, Chitek Lake, Marcelin, Shell Lake, Shellbrook  <b>5</b> Candle Lake, Christopher Lake, Weirdale  <b>6</b> Hepburn, Laird, MacDowall, Rosthern, Waldheim  <b>6a</b> Denare Beach</p>
<p><b>C</b></p>	<p><b>7</b>  <b>8</b> Roland Ford  <b>9</b></p>	<p><b>7</b> Carrot River, Choiceland, Snowden, White Fox  <b>8</b> Kinistino, Melfort  <b>9</b> Arborfield, Weekes</p>
<p><b>D</b> Judy Lawes</p>	<p><b>10</b>  <b>11</b>  <b>12</b></p>	<p><b>10</b> Denzil, Macklin, Unity  <b>11</b> Kerrobert  <b>12</b> Dinsmore, Rosetown</p>
<p><b>E</b> Linda Wright</p>	<p><b>13</b> Pauline Robertson  <b>14</b> Jane Uchacz  <b>15</b></p>	<p><b>13</b> Asquith, Delisle, Vanscoy  <b>14</b> Saskatoon  <b>15</b></p>

<b>F</b>	<b>16</b>	<b>16</b> Birch Hills, Domremy, St. Louis, Vonda, Weldon
	<b>17</b>	<b>17</b> Annaheim, Englefeld, LeRoy, Naicam, St. Brieux
	<b>18</b>	<b>18</b>
<b>G</b> Maria Palmer	<b>19</b> Rena Pilon & Jeanette Holder	<b>19</b> Allan, Colonsay, Davidson, Hanley, Kenaston, Nokomis, Viscount, Watrous, Young
	<b>20</b>	<b>20</b> Semans
<b>H</b> Linda Smuk	<b>21</b> Paulette Haws	<b>21</b> Ituna, Kelliher
	<b>22</b> Brenda Hunter	<b>22</b> Foam Lake
	<b>23</b>	<b>23</b>
	<b>24</b>	<b>24</b> Pelly
<b>I</b>	<b>25</b>	<b>25</b>
	<b>26</b>	<b>26</b>
	<b>27</b>	<b>27</b> Abbey
<b>J</b>	<b>28</b>	<b>28</b>
	<b>29</b>	<b>29</b> Gull Lake, Stewart Valley
	<b>30</b>	<b>30</b> Shaunavon
<b>K</b>	<b>31</b>	<b>31</b> Elbow, Eyebrow, Morse
	<b>32</b>	<b>32</b>
	<b>33</b>	<b>33</b> Bengough, Ogema, Rockglen
<b>L</b>	<b>34</b>	<b>34</b> Bethune
	<b>35</b>	<b>35</b> Dysart, Southey
	<b>36</b>	<b>36</b>
<b>M</b>	<b>37</b>	<b>37</b> Bredenbury
	<b>38</b>	<b>38</b>
	<b>39</b>	<b>39</b>
<b>N</b>	<b>40</b>	<b>40</b>
	<b>41</b>	<b>41</b>
	<b>42</b>	<b>42</b>
<b>O</b>	<b>43</b>	<b>43</b>
	<b>44</b>	<b>44</b>
	<b>45</b>	<b>45</b> Oxbow

**SSAI has more than 3,000 members from 84 clubs.**



# Constitution

## Article 1 - Name

1. The name of the organization will be Saskatchewan Seniors Association Inc.
2. The acronym of the name will be SSAI.
3. The address of the Association will be the address of the ~~Secretary or Treasurer~~ **Chief Administrative Officer (CAO)**.
4. The official language of the Association will be English.

## Article 2 - Objectives

1. To bring Senior Citizens together in one strong Association that will work for the welfare of Senior Citizens in Saskatchewan.
2. To offer programs and activities that benefit Seniors.
3. To work with other organizations with similar objectives.

## Article 3 - Membership

1. Any person may become a member if they pay the prescribed fee to the Association **directly** or **via their** club.
2. SSAI membership fees will be set by the Executive Board with the approval of the membership at the convention.
3. Any member who has withdrawn their membership or has been removed by the Executive Board for just cause will not have their membership fees returned.
4. Membership fees are to be submitted to the ~~Treasurer~~ **SSAI CAO**.

## Article 4 - Voting

1. All meetings requiring a vote on motions or resolutions such votes will be by a show of hands, unless 5 members request to have a ballot vote. If voting is to expel a member, it must be a ballot vote.
2. The President shall not vote. A tie will be considered as defeated.
3. A simple 50% plus 1 shall be considered final as to the decision of the motion/resolution in question.
4. SSAI members in attendance at district/region meetings or convention who are in good standing and have paid-up fees are entitled to vote at these meetings and may run for vacant offices.

## Article 5 - Executive Board

1. The Executive Board shall consist of: President, 1st Vice President, 2nd Vice President, ~~Secretary, Treasurer, CAO~~, Past President, and Region Directors.
2. Executive Board Elections:
  - a) The incumbent President automatically assumes the position of Past President at the conclusion of the Convention as the new President assumes the President position.

- b) The President, 1<sup>st</sup> Vice President and 2<sup>nd</sup> Vice President will be elected at the convention and will take office at the conclusion of the convention.
  - c) The remaining Directors are usually elected at their respective region meetings **but may be elected at the Convention.**
  - d) The ~~Secretary and Treasurer~~ **Chief Administrative Officer (CAO)** will be appointed by the Executive Board **at the conclusion of the convention.**
3. Terms of Office:
- a) The Past President will hold office until the current President's office is vacated and will act in an advisory capacity to the Executive Board.
  - b) The President, 1<sup>st</sup> Vice, and 2<sup>nd</sup> Vice will be elected for a two-year term. The directors are elected for a one-year term **at their respective regions.**
4. Filling a Vacancy: ~~In the event that an officer/director/coordinator resigns within one month after being elected, the runner-up will be elected to the position. In the event that an officer/director/coordinator resigns after having begun his/her term or is deceased before his/her office of duty terminates,~~ the Board shall in majority vote/appoint another member to fill **that any vacant** position. The term of office of an officer/director/coordinator elected to fill a vacancy shall be for the unexpired term of that vacancy.
5. The Executive Board will convene at least 4 times during the year, unless called by the President for extra meetings.
6. The Executive Board will use their discretion to prepare and deliver pertinent resolutions that are passed at the convention to the respective Government Officials or organizations.
7. Executive Board responsibilities will be found in the Bylaws.
8. Signing authority: Will be determined by the Executive Board ~~at the conclusion of the annual convention or~~ at an executive meeting as needed.
9. The minimum number of directors will be 6.

## **Article 6 - Convention**

- 1. The annual general meeting shall be known as the Convention.
- 2. The date, time and place of the Convention will be set by the Executive Board.
- 3. The SSAI constitution can only be changed at the Convention. Proposed changes to the Constitution must be sent in writing (email, mail, or hand delivered) to the **member** Clubs and to members at large at least 60 days prior to the Convention at which the proposed changes will be voted on.
- 4. Motions and resolutions must be in writing, seconded, and signed and handed into the Executive Board as prescribed by the Executive Board.

## **Article 7 - Dissolution**

Upon liquidation and dissolution of the Association the remaining property, after payment of all liabilities, shall be disposed of in accordance with the wishes of the SSAI.

# Bylaws

(Approved April 27, 2026)

## Article 1 - Bylaws

1. SSAI may make, vary or revoke bylaws which shall be consistent with, shall not conflict with, and shall not alter the intent of any part of the constitution.
2. Bylaws may be changed at an Executive Board meeting but require a 21-day notice to the Executive Board.
3. Bylaw changes must have a two-third majority vote of the Executive Board.
4. A quorum will consist of half of the Executive Board members.

## Article 2 - Duties of Officers

1. President
  - shall chair all meetings and committees unless delegated to other members
  - shall not vote
  - shall act as an arbiter in consultation with the Executive Board on questions regarding the Association, handling disputes and complaints
  - shall set and be an ex-officio member of all committees and appoint a chair person
  - shall head all delegations or shall appoint a designate in his/her place
  - shall regularly be in contact with the clubs in the association, and if possible, shall visit clubs in the Association, time and finances permitting
  - shall ensure all information passed at the Executive Board and convention is given to the persons responsible for acting on or disseminating this information.
2. 1st Vice President
  - shall assist the President as required
  - shall take over as President upon the resignation or passing of the President for the remainder of the President's term of office
  - shall head committees as required
3. 2nd Vice President
  - shall have the same duties as the 1st Vice President
  - shall take over as 1st Vice President if required
4. Chief Administrative Officer (CAO)
  - shall be appointed by the Executive Board at an executive meeting
  - shall keep the minutes of all meetings of the SSAI Executive Board
  - shall read the minutes of meetings as requested
  - shall send copies of minutes to Executive Board members, coordinators and clubs
  - shall maintain correspondence by telephone, mail and email
  - shall have custody of the official seal of the SSAI to be used on official documents
  - shall maintain a contact list of members and clubs
  - shall prepare the SSAI newsletter for quarterly Gray Matters distributed by SSM
  - shall receive and issue receipts for all dues, per capita fees, and all other monies of the Association, and place them to the credit of the SSAI, in a bank approved by the Executive Board
  - shall make all disbursements of the Association with the consent of the Executive Board as directed and obtain receipts if requested
  - shall keep the accounts of the Association, prepare statements for the Executive Board as required, and see that a reviewed or an audited financial statement is prepared for the annual convention
  - shall co-operate with the reviewer/auditor appointed by the Executive Board to review or audit the books and accounts and verify them correct
  - shall maintain a list of members and clubs who have remitted membership fees
  - shall sign and issue all membership cards to members and clubs
  - shall inform Directors of changes in clubs in a timely manner

- shall have financial signing authority
  - shall receive membership fees from members-at-large and from the clubs
  - shall annually file to Information Services Corporation (ISC) to update the list of directors and submit annual financial statement
  - shall annually file to Canada Revenue Agency (CRA) – annual non-profit corporation tax return
5. Directors
- shall be elected annually in a region designated by the Association. If no election is held, the executive board may appoint a member to the position of director after consultation with the member clubs in the respective Region.
  - shall ensure elections are held annually in the region and encourage that elections be held annually in each of the districts in their region
  - shall act as a communication link between the Association, the region, districts, and clubs
  - shall advise and assist the coordinators in the districts within their region
  - shall contact all clubs in their region annually, either directly or through the coordinator(s)
  - shall sit on committees of the Association and help with SSAI functions
  - shall attend SSAI Executive Board meetings
6. Coordinators
- shall be elected annually in the district at a district annual meeting. If no election is held, the executive board may appoint a member to the position of coordinator after consultation with the member clubs in the respective District.
  - shall assist clubs in identifying local problems and possible solutions and keep the Director informed of club level concerns and activities
  - shall keep the local clubs informed about matters relating to the Association, region and district levels
  - are encouraged to attend SSAI board meetings, sit on committees of the Association, and help with SSAI functions

### **Article 3 - Members at Large**

Members for whom no club is available or who do not wish to join a club shall become members at large. Members are encouraged but not required to join a club to lend support at the local level. See also: Constitution – Article 3.

### **Article 4 - Application Rejection**

1. Club or Executive Board may reject an individual membership with a two-third vote majority.
2. Club or Executive Board may also cancel an existing membership with a two-third vote majority.
3. Cancelled membership will not have fees refunded.
4. Member who has had his membership rejected/cancelled may within 30 days appeal in writing to the President of the SSAI.

### **Article 5 - Organizational Structures & Administration**

1. The Association is composed of members at large and members of clubs united to form the Saskatchewan Seniors Association Inc.
2. The province is divided into districts - adjoining districts form a region. Boundaries will be flexible enough to take care of any necessary changes.
3. The fiscal year will be April 1 - March 31.

### **Article 6 - Funding**

Funding will be by per capita fee (annual membership fee) plus any additional funding (i.e. grants, donations) and fundraising as determined by the Executive Board.

If funds are available, Officers, Directors, and Coordinators may be compensated for mileage and other expenses. They shall submit expense sheets to the SSAI Chief Administrative Officer.

## **Article 7 - Clubs**

1. The local group shall be called a club.
2. Each club will select its own directors and officers and establish its own bylaws to meet its local requirements in accordance with its constitution.
3. Each club will collect annual SSAI membership fees and remit these to the SSAI CAO.
4. Each club will send updated club contact information to the SSAI CAO.
5. Each club will communicate and share pertinent information (such as SSAI mail/email) with club members.
6. Each club may submit annual summary of club activities to SSAI CAO.
7. Each club will communicate & network with the District Coordinator, Region Director and other clubs within its District and Region if possible.
8. If a club wishes to move to a different region, a letter of intent stating the same must be submitted to the SSAI Executive Board.

## **Article 8 - Districts**

1. Each district will hold a district meeting at least once per year to elect a Coordinator who will hold office for a 1-year term. Incumbent is eligible for nomination.  
(See also Constitution Articles 3.1 and 4.4)
2. Coordinators job description can be found in Article 2 item 7.
3. Expenses for the district meeting will be the responsibilities of the district clubs.

## **Article 9 - Regions**

1. Each region will hold a meeting at least once per year to elect a Director who will hold office for a 1-year term. Incumbent is eligible for nomination.  
(See also Constitution Articles 3.1 and 4.4)
2. In some cases, the district and region meetings may be combined into one event on the same day in one location. Ensure that attendees break up into groups based on their district to vote/elect a coordinator for their local district.
3. Vacant coordinator positions may also be filled at a region meeting
4. Expenses for the region meeting will be the responsibilities of the region clubs.
5. The regions that encompass the cities of Regina and Saskatoon may elect an extra Coordinator for these cities if deemed necessary.

## **Article 10 – Elections**

1. Vacant director/coordinator positions may also be filled at convention.
2. A nomination to an executive position of a member not present at the meeting at which an election is taking place may be made if the member nominated has signed a written statement signifying acceptance.

## **Article 11 – Multiple Leadership Positions**

1. More members are encouraged to get involved in volunteer leadership roles.
2. A member may fill the positions and perform the duties of both district coordinator and region director only if necessary.
3. If a region director or district coordinator is elected at convention to the position of President, 1<sup>st</sup> Vice President, or 2<sup>nd</sup> Vice President, they may fulfill the duties of both positions as described in Bylaws Article 2, however they are entitled to only one vote on the Executive Board. The President shall not vote.
4. A region director elected to another provincial executive position may appoint one of the

coordinators or a member in good standing from their region to attend ongoing provincial board meetings to represent their region and vote on behalf of their region.

5. A region director unable to attend a provincial board meeting may appoint one of the coordinators or a member in good standing from their region to attend the meeting to represent their region and vote on behalf of their region.

## **Article 12 – Recognition of Members**

Recognition of members may be issued by the SSAI executive board as follows:

- a. 90+ Category: anyone 90 years of age or over can receive honorary life membership (does not pay the annual SSAI membership fee) and a congratulatory certificate. A request must be submitted to the SSAI CAO.
- b. Extraordinary Service Category: for extraordinary service to the Association, a certificate for this service may be given to the member at the discretion of the SSAI Executive Board.

## **Article 13 – Review of documents**

The Constitution & Bylaws and SSAI Handbook will be reviewed at least every two years with recommendations for change being sent to the Executive Board:

- a. for discussion and potential adoption at their executive meeting for bylaw changes and handbook changes
- b. for distribution to the membership and for potential adoption at the Annual Convention for Constitutional changes.

## **Article 14 - Oath of Office**

Officers shall be lined up at the front of the hall, the installing officer shall ask:

“Do you the elected officers accept the offices you have been elected to fill?”

The officers answer in the affirmative, “I do”

and the installing officer shall give the following Oath of Office:

“I, (NAME), do solemnly pledge upon my honour, to perform the duties of my office into which I am about to be installed, to the best of my ability, and in accordance with the principals and constitution of the Saskatchewan Seniors Association Inc. Always having a high regard for the welfare of the members and all seniors. I also promise that I will deliver to my successor in office, all records and property of this association, which may be in my possession at the close of my term of office. To all this I pledge my most sacred word of honour.”

The installing Officer will then say: “I now pronounce the Officers of the Saskatchewan Seniors Association Inc. duly installed into their several offices. May Peace, Harmony, and Great Achievements endure throughout your tenure of office.”

## **Article 15 - History**

The Saskatchewan Seniors Association Inc. (SSAI) came into being June 12, 1981, at a joint convention held in Saskatoon, the home of the first organized Seniors in Saskatchewan, by uniting the Pensioners and Seniors Organizations, with the Saskatchewan Association of New Horizons Projects, formed in 1976, to give SSAI a membership of over twenty-five thousand.

# SSAI Financial Report – Reviewed by Dawn Steeves

SASKATCHEWAN SENIORS ASSOCIATION INC

Statement of Receipts & Payments 2025

<i>Balance April 1, 2025</i>		<b>\$12,106.34</b>
<b><i>Main Account Receipts</i></b>		
Blue Cross Donation	\$ 30,000.00	
SSM Grant	\$ 14,827.50	
Memberships	\$ 15,985.00	
Convention	\$ 8,664.00	
Donations	\$ 40.00	
Bowling	\$ 2,300.00	
NHSP Grant	\$ 25,000.00	
Carbon Rebate	\$ 1,309.00	
SLGA Grant Top-Up	\$ 4,069.44	
	<u>\$ 102,194.94</u>	<b>\$114,301.28</b>
Interest Earned	\$ 1,752.33	
	<u>\$ 103,947.27</u>	
<b><i>Main Account Expenses</i></b>		
Postage	\$ 2,201.20	
Office Supplies	\$ 186.37	
Printing	\$ 3,764.79	
Phone	\$ 341.25	
Mileage	\$ 4,307.27	
Meals	\$ 630.49	
Bank Charges	\$ 75.33	
ISC Fees	\$ 20.00	
Convention Expenses	\$ 22,249.59	
Workshops	\$ 20,520.00	
Admin Fees	\$ 21,414.19	
Admin Mileage	\$ 1,270.00	
Rent	\$ 650.00	
Accounting	\$ -	
Website	\$ 971.88	
CRA Source Deductions	\$ 3,025.60	
Walkathon Expenses	\$ 97.82	
Newsletter	\$ 6,500.00	
Mailchimp	\$ 162.78	
NPF Membership	\$ 525.00	
SCOA Membership	\$ 25.00	
Spotlight on Seniors	\$ 147.00	
Bowling	\$ 112.61	
Other	\$ 1,459.93	
	<u>\$ 90,658.10</u>	<b>\$23,643.18</b>

<i>Balance April 1, 2025</i>		\$	7,987.90
<b>LOTTERY ACCOUNT RECEIPTS</b>			
Silent Auction	\$	410.00	
Lottery Ticket Sales	\$	<u>24,700.00</u>	
	\$	25,110.00	\$ 33,097.90
<b>LOTTERY ACCOUNT EXPENSES</b>			
Cheque Order	\$	59.33	
Bank Charge - Stop Payment	\$	5.00	
Club Payouts	\$	9,229.00	
Raffle Payouts	\$	<u>2,500.00</u>	
	\$	11,793.33	\$ 21,304.57

**Total Assets as of April 1, 2025 = \$75,094.24**

Total Receipts: \$102,194.94 + \$1,752.33 + \$25,110.00 = \$129,057.27

Total Expenses: \$90,658.10 + \$11,793.33 = \$102,451.43

**Net Income: \$26,605.84**

**Total Assets as of March 31, 2026 = \$101,700.08**

Main Account: \$23,643.18

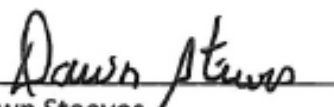
Lottery Account: \$21,304.57

1-year redeemable Term Account (2.04%) – matures Feb 13, 2027: \$30,900

12-60M Bronze Term Account (3.4%) – matures Feb 13, 2028: \$25,852.33

I have reviewed the records of the Saskatchewan Seniors Association. This includes all deposit slips, invoices, bank statements and relevant records provided. It is my opinion that the Financial Statements fairly represent the results of the Financial Activities of the annual operations in accordance with all records submitted for review.

Dated this 4<sup>th</sup> day of May, 2026

  
 Dawn Steeves  
 Vanscoy, SK

# Saskatchewan Seniors Association Inc. Provincial Bowling Tournament

was held on April 18 – 19, 2026

at Hunter's Eastview Bowl – [huntersbowling.com](http://huntersbowling.com)  
2929 Louise Street East, Saskatoon



We had a total of 54 bowlers – There were 13 Mixed Teams of 4 players and two individuals. All participants played 3 games on each day.

Several people (26 on our list) bowled 3 strikes in a row and received turkey pins. At least 8 of these people bowled multiple turkeys! We actually ran out of turkey pins because there were so many skilled bowlers.



Special Thanks to our volunteer organizers for this event (Pictured from Left to Right): Maria Palmer (SSAI First Vice and Region G Director from Allan), Jane Uchacz (SSAI E14 Coordinator from Saskatoon), Leesa (from Eastview Bowl), Nici Warnock (SSAI Past President from Saskatoon), and Lorraine Thibeault (SSAI President from Shellbrook). Thanks also to Maria's daughter, Genny Burns, for helping us out at the event!

**NOTE: There was a bit of a mix-up with how the tournament results were tabulated. Here is the response from Ace at Eastview Bowl...**

"So what happened is for whatever reason, the tournament used the results for day 1 to create an average that was used for day 2. This is not typical and seemed to be a 1 off, a weird setting was checked that should not have been. I did do a results comparison and it did have a little bit of effect on the total results – First and second place teams did not change however. I apologize for the inconvenience of that." --Ace, Eastview Bowl

# Results:



Visit our website [saskseniors.com/bowling](http://saskseniors.com/bowling) to view the complete report and the official standings.

- ❖ 1<sup>st</sup> Place – Georgi and the Jets: Warren Knight (Invermay), Orest Shular (Wynyard), Dave Neufeld (Carrot River), and Yvonne Martens (Invermay)
- ❖ 2<sup>nd</sup> Place – Pin Splitters: Vicky Clayton (Maymont), Mandy Tracksell (Borden), Ian Tracksell (Borden), and Neil Clayton (Maymont)
- ❖ 3<sup>rd</sup> Place – Good Times: Robert Gentil-Perret, Darlyne Woodhouse, Cordell Haugen, and Abe Gaudet (all from Prince Albert)
- ❖ 4<sup>th</sup> Place – Saskatoon 4: Roy Friesen, Dale Ross, Gudrun Lettrari, Enrico Lettrari (all from Saskatoon)

Saturday 50/50 winner was Sherry Miller from Prince Albert – \$180

Sunday 50/50 winner was David Neufeld from Carrot River – \$185

## **Door Prize winners:**

\$25 Co-op Gift Cards – Rita Winowich (Saskatoon) and Dawn Akers (Prince Albert)

\$25 Tim's Gift Cards – Neil Clayton (Maymont) and Charlene McKay (Prince Albert)

Plants: Randy Strelieff (Cut Knife), Mike Brassington (Saskatoon), Lyle Knaus (Saskatoon), and Norm Douville (Saskatoon)

## **\$25 Tim's Gift Cards to top bowlers:**

Warren Knight (Invermay), Neil Clayton (Maymont), Dale Ross (Saskatoon), Vicky Clayton (Maymont), Darlyne Woodhouse (Prince Albert), and Beverly Krasowski (Saskatoon)

**SAVE THE DATE: April 24 – 25, 2027 at Hunter's Eastview Bowl Saskatoon**

# Get Active Challenge Final Results 2026

Provincial Total = 860,961 Minutes of Activity. There were 248 participants from 21 Clubs.

## TOP MOVERS and SHAKERS:

- Club with Highest Average minutes per Participant was Foam Lake Senior Centre with 8,893 minutes.
- Club with the highest percentage of members participating was a tie between Shellbrook Senior Citizens Co-op Club and Big River Seniors Association with 100% participation.
- Highest minutes by an individual participant was Jerry Cowan from Loon Lake Seniors with 18,875 minutes.
- Eldest participant with highest minutes was Pauline Volk from Unity New Horizons Association with 14,040 minutes.

Honourable Mention, in no particular order:

<u>90+ years young &amp; active</u>	<u>Highest Minutes per club</u>	<u>Eldest Participant per club</u>
Pauline Volk	William Johnston	Diane Harding
Adeline Fossey	Georges Doderai	George Kuntz
Edith Henry	Ann McKague	Joyce B.
Marjorie Hislop	Kathleen Paul	Roma Prosser
Art Jones	Roy Wright	Arlene Walker
Marion Miller	Pat Mila	Gordon Butler
Marion Rude	Meada Wilson	Pauline Volk
Ray Peterson	Ken Moldenhauer	Marion Rune
Ella Reidt	Wendy Cafferata	Larry Hampson
Grace McTavish	Louise Matzner	Emilie Fisher
Alfred Kahlert	Betty Roberts	Eldeen Johnson
Clara Butler	Emilie Fisher	Harry Matzner
George Kuntz	Karen Hamel	Grace McTavish
	Elizabeth Renz	Fernie Schick
	Pauline Volk	Donna Dodds
	Peggy Willman	Verna Adamiak
	Albert Huys	Lorraine Lenson
	Jerry Cowan	Alfred Kahlert
	Holley Train	Marilyn Mead
	Lyn Elder	William Johnston
	Karen Beaupre	
	Rob Gentil-Perret	

# SSAI Literary Challenge



HAVE SOME FUN WITH THIS CHALLENGE!

1. CHOOSE your town, a town in Saskatchewan, or Canada and write a limerick,

or

2. Use the letters from the word C-A-N-A-D-A and write an acrostic.

Examples:

A Shellbrook Canadian I know  
Constantly played in the snow  
When asked why she'd play  
She replied, "There's no other way,  
Cause all it does here is snow."

Canadians are who we are  
Our ancestry's from near and far  
Our people are kind  
Well - most of the time  
We're loyal and sometimes bizarre.

C – creative  
A – active  
N – natural  
A – agreeable  
D – delightful  
A – amazing

Submit your entry to [info@saskseniors.com](mailto:info@saskseniors.com). Deadline is September 30, 2026.  
A draw will be made from all entries. The winner will win a one-year membership to SSAI.

Visit our website to view entries and previous challenges.  
<https://saskseniors.com/ssai-literary-challenge/>

# Resolutions

## RESOLUTION #1 - PROVISION OF ESSENTIAL SERVICES EDAM 49ers SENIORS CLUB

Moved by Barb Johnson

Seconded by James Carmichael

**BE IT RESOLVED THAT SSAI encourage the Government of Saskatchewan and the province's regional health authorities:**

- **to recognize and address the growing lack of essential services for seniors in rural Saskatchewan through immediate and sustained action**
- **to develop and implement a comprehensive provincial seniors' strategy that ensures equitable access to critical supports and services for seniors in all Saskatchewan communities**
- **to include in this strategy sufficient and sustainable financial resources for basic necessities, including affordable and nutritious food, prescription medications, vision and hearing devices, mobility supports, housing, and home care services**
- **to address the urgent need for accessible public and community transportation, expanded Meals on Wheels programs, enhanced food security initiatives including food banks, and other community-based supports for seniors who are isolated or without family assistance**
- **to work collaboratively with municipalities, Indigenous communities, health authorities, community organizations, and seniors' advocacy groups to ensure rural seniors receive the services and supports necessary to live with dignity, safety, and independence in their own communities.**

Many seniors in rural Saskatchewan face significant barriers in accessing essential services required to maintain their health, independence, and quality of life.

The absence or reduction of critical community supports, including public transportation, food banks, Meals on Wheels programs, home care services, and other essential lifelines, disproportionately affects seniors who lack family or caregiver support.

Rising costs for food, housing, utilities, prescription medications, vision care, hearing devices, mobility aids, and other necessities place increasing financial strain on seniors living on fixed incomes; and

Equitable access to health care, social supports, and community services is essential to ensuring dignified, healthy, safe, and fulfilling lives for seniors throughout Saskatchewan, regardless of geographic location.

Rural communities continue to experience shortages of health professionals, limited transportation infrastructure, and inadequate coordination of senior support services through provincial and regional systems.

**RESOLUTION #2 – RSV VACCINE  
CUT KNIFE SUBMISSION OF RESOLUTION 2026**

Moved by Jean Lawes, Cut Knife Senior Club  
Seconded by Lorie Paziuk

**That the Saskatchewan Seniors Association encourage the Minister of Health and the Minister of Seniors to provide the Respiratory Syncytial Virus (RSV) vaccine to older adults at no cost in a similar way that the flu shots are administered.**

**THAT the Saskatchewan Seniors Association encourage Saskatchewan Seniors Mechanism and other senior advocate groups to encourage government agencies to provide the RSV vaccine to adults at no cost.**

RSV is a common and highly contagious respiratory virus, causing infections of the lungs and breathing passages.

RSV can infect people of any age. It usually causes mild, cold-like symptoms but can also cause more serious respiratory illness, as well as make some illnesses and conditions worse in older adults.

Those who are at higher risk of severe outcomes from RSV include:

- Older adults
- Adults with underlying chronic conditions, including asthma, lung disease, heart disease, diabetes, and advanced liver or kidney diseases
- Adults with weakened immune systems

In severe cases, RSV can lead to pneumonia and trigger new symptoms or worsen the symptoms of chronic illnesses, such as asthma, chronic obstructive pulmonary disease (COPD), and congestive heart failure. RSV complications could result in the need for hospital stays, as well as increase the risk of heart attack, stroke, or even death.

Older adults are at increased risk of severe outcomes from RSV because the immune system weakens with age, making it harder for the body to fight off infections.

RSV is contagious and can spread through coughs and sneezes. People infected with RSV are usually contagious for 3 to 8 days. However, people with weakened immune systems can remain contagious for as long as 4 weeks — even after there are no visible symptoms. Since RSV can result in expensive hospital stays when the situation could be prevented through the use of vaccines, we feel the need for free vaccinations for older adults.

**RESOLUTION #3 - WELLNESS CLINICS  
ROSTHERN SENIOR CITIZENS CLUB**

Moved by Susan Parks  
Seconded by Diane Fehr

**THAT the SSAI approach the government and all influencing bodies such as MLAs, MPs, municipal councils and health authorities, to establish WELLNESS CLINICS in all Saskatchewan communities at which health services such as, but not limited to, the following be made available:**

- **Nurse practitioner services**
  - **Mental health counselling**
  - **Addiction support**
  - **Diabetes and chronic disease programs**
  - **Prenatal and family wellness**
  - **Seniors' wellness checks**
  - **Nutrition and exercise guidance**
  - **Telehealth access**
  - **Foot care**
  - **Physiotherapy**
1. Preventative care costs less than emergency care. Wellness clinics help catch problems early before they become expensive crises. They reduce ER visits, hospital admissions, ambulance costs, and long-term disability costs saving provincial healthcare dollars over time: Examples:
    - Managing diabetes before hospitalization
    - Mental health support before suicide attempts or addiction escalation
    - Blood pressure screening before strokes or heart attacks
  2. Rural and northern communities lack nearby healthcare. Many Saskatchewan residents must travel long distances in a province that lacks public transportation. Wellness clinics would reduce the travel burdens, missed appointments, delayed treatment and would offer a solution to isolations for seniors and vulnerable residents especially in northern and remote communities.
  3. Mental Health and Addictions need Local Support: Saskatchewan continues to face challenges with: addiction, suicide, depression, anxiety, family stress and trauma. Local wellness clinics could provide: counselling, peer support, crisis intervention, and addiction recovery support. People are more likely to seek help when services are nearby and familiar.

4. Healthcare Staffing Shortages require New Models: Wellness clinics can use multidisciplinary teams which reduces the pressure on physicians and emergency rooms. Teams can include nurses, mental health therapists, social workers, dietitians, indigenous wellness workers, and community health navigators.
5. Indigenous communities and communities with a cultural flare benefit from culturally safe care. Historical trauma, racism and inappropriate services can be taken into account depending on the location of the wellness community. Community wellness clinics could integrate elder wisdom, traditional healing, land-based wellness and culturally-led programming. This would support reconciliation and improve trust in the healthcare system.
6. Healthier Communities Strengthen Local Economies: Healthy people can work, attend school, care for their families and participate more in community life. Productivity increases, disability claims decrease and dependency on social assistance lowers.
7. Seniors can Age Safely in their Communities: Saskatchewan has many aging rural populations. Wellness clinics can help seniors with mobility support, fall prevention, chronic disease monitoring, social connection and home wellness checks. In the end, this delays or reduces costly long-term care placements.
8. Community-based Care improves trust and Participation: People are more likely to use services when they are: local, familiar, non-judgmental and easy to access. Small community wellness clinics can become trusted hubs for healthy living rather than distant intimidating institutions.
9. Saskatchewan already spends heavily on crisis response: We already pay for illness, addiction, homelessness, and crisis care — but we pay at the most expensive stage. Wellness clinics shift spending toward prevention and stability instead of repeated emergencies.

**“Every Saskatchewan community deserves access to basic wellness and preventive healthcare close to home. Investing in local wellness clinics would reduce pressure on hospitals, improve mental health outcomes, support rural and Indigenous communities, and save healthcare dollars through prevention rather than crisis response.”**

**RESOLUTION #4  
RESPECTFUL ALTERNATIVES TO MAID  
FOR PEOPLE SUFFERING SOLELY FROM MENTAL ILLNESS  
SHELLBROOK SENIOR CITIZENS' COOPERATIVE CLUB**

Moved by Linda Greba

Seconded by Patricia Radchuk

On February 29, 2024, legislation to extend the temporary exclusion of eligibility to receive MAID in circumstances where a person's sole underlying medical condition is a mental illness received royal assent and immediately came into effect. The eligibility date for persons suffering solely from a mental illness is now **March 17, 2027**.

**We advocate the following:**

- **THAT in light of March 17, 2027 being the date to remove the exclusion of eligibility to receive MAID in circumstances where a person's sole underlying medical condition is a mental illness, THAT SSAI advocate to the government that this exclusion be retained, and**
- **THAT meaningful access to evidence-based treatment, housing, financial support, and long-term psychiatric care be advocated and ensured.**

**1. Mental illnesses can fluctuate and improve** - Many psychiatric conditions are episodic, treatable, or responsive to new therapies over time. For example, severe depression can remit after years of treatment resistance. People experiencing suicidal crises often later report gratitude that they survived. New medications, therapies, trauma treatments, social supports, and neurostimulation treatments continue to emerge.

Because prognosis in psychiatry is less predictable than in many terminal physical illnesses, the threshold for declaring suffering “irremediable” should be especially cautious.

**2. Lack of access to treatment may distort “choice”** - A major concern is that some people request MAID because they cannot access timely psychiatric care, affordable therapy, housing, disability supports, addiction treatment, trauma care, income security, and/or community support.

A person is not making a fully free choice if the alternative is untreated suffering caused partly by social neglect. The government should ensure people are offered meaningful access to treatment and dignified living conditions before concluding that death is the best available option.”

**3. Suicide prevention and MAID may send conflicting messages** - Governments invest heavily in suicide prevention campaigns that emphasize that suicidal thoughts can pass, that help is available, and that people deserve support and intervention. Some critics argue that offering MAID for mental illness alone risks creating a contradiction:

- one suicidal person is prevented from dying,
- while another with similar symptoms may be approved for assisted death.

We need clearer ethical distinctions and stronger safeguards.

**4. Decision-making capacity can be difficult to assess during psychiatric illness** - Certain mental illnesses can affect hopelessness, judgment, impulse control, self-worth, and future outlook.

Clinicians may struggle to distinguish a settled, enduring wish to die from a symptom of illness, especially during severe depression, psychosis, trauma, or personality disorders. We advise caution rather than denying autonomy altogether.

**5. Vulnerable groups may be disproportionately affected** - Disability advocates and some mental health advocates have expressed concern that poverty, isolation, homelessness, chronic trauma, Indigenous inequities, and disability discrimination may result in increased MAID requests among people who feel abandoned by systems rather than inherently untreatable. Governments have a duty to reduce suffering through support before facilitating death.

**6. “Irremediable” is harder to define in psychiatry** - In many physical illnesses, prognosis can be more measurable. In psychiatry, recovery trajectories vary widely, diagnoses can change, and treatment responses are highly individual.

Because there is no objective test proving a psychiatric condition is permanently untreatable, safeguards should err on the side of preserving life and expanding care options.

**7. Our focus should be on expanding care which may reduce MAID requests** – We propose practical alternatives such as:

- guaranteed rapid-access mental healthcare,
- publicly funded psychotherapy,
- peer support,
- intensive trauma programs,
- supported housing,
- respite centres,
- substance-use treatment,
- social prescribing,
- and long-term recovery programs.

**8. Public trust in mental healthcare could be affected** - Some people fear patients may become reluctant to seek psychiatric care if they believe the system may eventually regard death as a therapeutic outcome. Governments should prioritize hope, recovery, and support in mental health systems.

**9. A cautious approach can still respect autonomy** - People with mental illness deserve dignity and autonomy, but governments should require exhaustive access to treatment and social supports before MAID is considered.

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**SSAI Directors & Coordinators  
at June 2025 Convention**

**Maria Palmer and Jane Uchacz  
volunteering at the Spotlight on  
Seniors event hosted by  
Saskatoon Council on Aging.**



# SSAI - Year in Review (June 2026)

- SSAI executive board met in person (June 12 at 4pm, 2025) and via Dialpad (Sept 10, Nov 12 for Strategic Planning, Nov 26, Feb 4, April 1, and April 25 for Bylaws)
- District and Region meetings held to elect coordinators and directors in Regions A, B, G, and H
- SSAI has 1 paid employee (Shannon Wright) – compensated for time, mileage, rent, expenses
- Resolutions Committee – (Lorraine, Maria, Sandra, Jane, Nici, Rod Dickenson, Shannon) – had meeting with Lori Carr (Minister for Seniors) and Keith Jorgenson (Shadow minister); SSM followed up with letter regarding shingles vaccine.  
View the letters and responses on our website: <https://saskseniors.com/wp/advocacy/>
- Convention Planning Committee: Lorraine, Linda, Nici, Jane, Maria, and Shannon – met Oct 8, Dec 10, Feb 18, April 13; Nici, Jane, Maria, Linda and Shannon attended Travelodge open house
- Reviewed SSAI Bylaws and Constitution
- Bowling Committee – Lorraine, Nici, Jane, Maria, and Shannon met Oct 22, Nov 17, May 5
- Get Active Challenge Committee – Roly and Brenda with Lorraine and Shannon – met Oct29, Jan21
- Raffle tickets Sept 1 – June 4: 50 clubs and 3 individual members sold tickets
- Membership cards – mailed to clubs who request them
- 90+ certificates and membership cards – available by request
- Spotlight on Seniors – hosted and organized by Saskatoon Council on Aging (SCOA) – Oct 7, 2025 at TCU place (Nici, Jane, Maria, Linda Wright) – sold raffle tickets and SSAI memberships, handed out pens, notepads, brochures, bags; networking
- NPF rep – Lorraine Thibeault – attended meetings online/telephone; attended convention in B.C.
- Participated in SSM (Saskatchewan Seniors Mechanism) meetings
- SSAI four-page newsletter in quarterly Gray Matters (printed and distributed by SSM - Saskatchewan Seniors Mechanism)
- SSAI received grant money from SSM (through SPRA funding) to improve communication “SSAI Seniors Outreach” within the network of SSAI members and rural seniors clubs.
- SSAI received second NHSP grant – “Building seniors digital literacy programming” – collaborating with Connected Canadians to purchase 6 iPads, Cyber Safety First Aid training (12), series of 12 workshops (Thursdays at 1pm - Oct, Nov, Feb)
- SSAI received Canada Carbon Rebate for Small businesses
- Literary Challenge: Summer – Short story; Fall – Short essay on Ageism; Winter – favourite memory of your mother or father; Spring – book titles to form a sentence; submissions posted on website <https://saskseniors.com/wp/ssai-literary-challenge/>
- Communications: printed mail, email, telephone, Dialpad meetings, Facebook, Website, SSAI newsletter in Gray Matters, Mailchimp newsletter for email communications.

**Directors and Coordinators** – Communicate with members and clubs; Help to coordinate and plan District and Region meetings; Attend SSAI board meetings – give report/update from club/region/district; participate in committees.

**SSAI EXECUTIVE MEETING Wednesday, June 3, 2026, at 4pm  
Travelodge Hotel (Saskatoon, SK)**

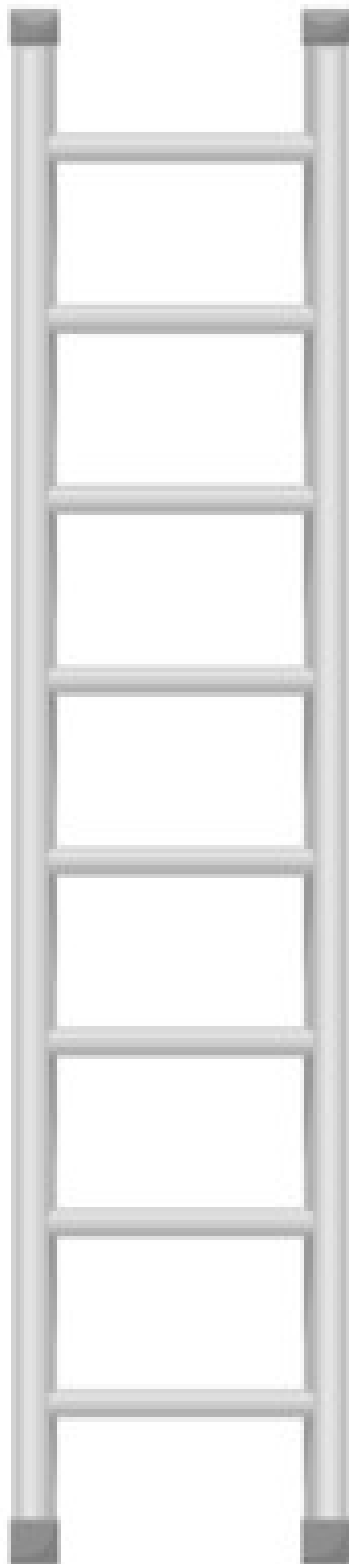
**Meeting Agenda for SSAI Board of Directors & Coordinators**

- Welcome! Introductions. Discuss expectations and answer questions.
- ISC (sign financial) – update director contact information; Expense Sheets
- List of contacts/clubs for each district/region
- **Appoint Chief Administrative Officer** –  
has been Shannon (\$36/hour, mileage \$0.50/km, \$50/month rent)
  
- **Signing Authority at Prairie Centre Credit Union (Delisle Branch) for SSAI Bank accounts** – to have any 2 of the following 3 people as signors for withdrawals:
  
- **Financial Review** – has been Dawn Steeves at Village of Vanscoy office  
*\*(ISC – under \$100,000 gross revenue may waive both audit and review; between \$100,000 - \$500,000 audit may be waived but review is required.)*
  
- **Resolution Committee** –
- **Nomination Committee** –
- **Convention Committee** –
- **Get Active Challenge** –
- **Bowling Committee** –
- **Tele-learning Workshops** –
- **Any other committees? (membership?)**
- **NPF representatives** –
- **SSM representatives** – SSM AGM - Thurs, June 18, 2026, at 10 a.m. via Zoom - 3 voting reps will be Lorraine Thibeault, \_\_\_\_\_, \_\_\_\_\_  
(rsvp [admin@skssm.ca](mailto:admin@skssm.ca) by June 5)
- **SSAI Lottery for 2027** – draw date at 2027 convention June 10, 2027.  
Print maximum 15,000 tickets.  
\$2/ticket and cash prizes 1x \$1000, 2x \$500, 5 X\$100
- **SCOA Spotlight on Seniors Tradeshow** – Tues, Oct 6, 2026, from 9am – 3pm
- **SSAI Newsletter in Gray Matters** (next deadline end of August)
- **Any other business?**
- **Next convention: Wed/Thurs June 9-10, 2027, at Galaxy A Travelodge Saskatoon**
- Date for next executive meeting: \_\_\_\_\_
- motion to Adjourn



## SSAI Members & Clubs – Ladder of Engagement

There are many opportunities and levels of participation to match individual interests.



**Be a Leader** – represent your District/Region as a Coordinator/Director; fill an executive position on the SSAI Board; volunteer to work on special committees.

**Volunteer** – to organise events, activities, programs, meetings, committees, etc.

**Fundraising** – sell/purchase SSAI raffle tickets; donate items to silent auction at convention; bid on items at silent auction; purchase 50/50 tickets at convention; make a donation to our organization.

**Advocate** for Seniors – submit resolutions; sign petitions, write advocacy letters to your MLA/MP, write letters to the editor in your local newspaper; speak to news/media reporters on issues of concern to seniors.

**Participate** in social events, activities, programs, workshops, walkathon; attend meetings – Club, District, Region, Annual Convention, special meetings; network with other seniors; vote; submit articles for our SSAI newsletter in Gray Matters; watch videos of archived presentations on our website.

**Join our mailing list** – provide your email and/or mailing address to stay informed - receive news and updates; learn more about our organization; share our info with others!

### **Become an SSAI member:**

- Become an individual member – pay \$5 annual membership fee directly to SSAI Chief Administrative Officer.
- Join your local seniors club – pay the club membership fee (Clubs affiliated with SSAI will submit \$5/member to SSAI); SSAI Clubs can request SSAI membership cards.
- Clubs/individuals can request to receive honorary membership cards and certificates for those who are 90+.



