SSAI Convention Reports

Table of Contents

	Pages
SSAI Year in Review	18
SSAI Club Activities	20
Financial Report	22
Walkathon Final Results	25
Resolutions	26
Executive Meeting Agenda June 13 at 4pm	29
Convention Evaluation Form	30

SSAI - Year in Review (June 2024)

- Resolutions Barb and Jane drafted letters (to ministers of health and seniors, opposition critics – Matt Love, Carla Beck, Sask United Party – Nadine Wilson); received response from Christine Tell (minister of Environment) re: carbon pricing on utility bills
- SSAI has 1 paid employee (Shannon Wright) admin time, mileage, rent, expenses
- Raffle tickets Oct 1 June 13
- Spotlight on Seniors hosted and organized by Saskatoon Council on Aging (SCOA) – Oct 11, 2023 at TCU place (Nici, Jane, Maria, Linda Wright, Darlene Granger) – sold raffle tickets, SSAI memberships, handed out pens, networking – ideas for speakers/presentations
- Membership cards printed more, mailed to clubs who request them
- In memory: Michael Newberry, Region F Director (donation to Naicam Seniors)
- SSM Celebrating Seniors Sunday Oct 1, 2023 Conexus Arts Centre Regina (nominated Linda Ard for Volunteer Award with qualities of leadership in a Rural Community)
- NPF Convention (Sept 25 28, 2023 in Ottawa) Darlene Granger from Eyebrow (Region K) attended and represented SSAI; also attends affiliate zoom meetings every 2nd month
- Walkathon supported by Joan Boyer (St. Louis)
- SSAI executive board met in person (Sept 13, 2023 at Heritage Inn) and via Dialpad (Nov 3, Feb 14, March 6, April 24, May 16)
- Updated 90+ certificates available by request
- Community Quality Improvement Collective Saskatchewan Health Quality Council
 - Oct 18, 2023 April 23, 2024 (Linda Smuk, Linda Wright, Shannon Wright) learn new approaches to problem solving and expand skills to continuously improve the work that SSAI does day-to-day and through long term goals to support older adults and their communities.
- Started a Mailchimp newsletter to be able to monitor stats for email communications.
- District and Region meetings to elect coordinators and directors
- Hosted telephone town hall meeting via Dialpad to discuss district/region meetings

- Paid advertisement with editorial and photo in Prince Albert Daily Herald –
 March 14 Rural Roots Spotlight on Seniors
- Sub Committee to review Bylaws and Constitution Lorraine Thibeault, Barb Johnson, Nici Warnock, Jane Uchacz, Shannon Wright
- NOTE: bylaws can be approved by Executive Board; Constitution must be mailed to clubs 60 days prior and voted on at convention
- SSAI newsletter in quarterly Gray Matters (printed and distributed by Saskatchewan Seniors Mechanism (SSM)
- 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.
- Applied for NHSP grant working with Connected Canadians for Digital Literacy workshops for seniors
- SSAI received NHSP Digital Literacy "Expanding Seniors' Community Connections" – 6 iPads, training (September), series of 12 workshops (Thursdays at 1pm - Oct, Nov, Feb)
- SSM Conference SSAI representatives: Nici, Maria, Linda Smuk
- SSAI wrote letter of support for Seniors Centre Without Walls (SCWW) for New Horizons for Seniors Pan Canadian Stream grant application; wrote letter of support for SCWW for Sask Blue Cross funding to promote free telephone programs
- Seniors Centre Without Walls (SCWW) seeking ideas/suggestions for topics for free telephone workshops (cognitive/emotional/mental/physical) runs Oct
 – May. Phone Georgette Gregoire 306-473-2623 if you have suggestions
- Next will work on updating SSAI handbook (last updated 2018)
- Strategic Planning —
 Take stock: What are we all about? Where are we going? What direction should we take? (rural clubs struggling, membership declining, what are SSAI goals and actions for upcoming year?) filling the loneliness gap; food; social
 - grants, promoting and sharing what's available; advocacy; sharing of information; continue to build/strengthen network with NPF, SSM, SCOA, SSFA, and rural clubs. Ask clubs that are thriving to share ideas with clubs that are struggling.
- Communications: printed mail, email, telephone, Dialpad meetings, Facebook,
 Website, Mailchimp, SSAI newsletter in Gray Matters
- Annual Convention

events

Directors/Coordinators

- Contact member clubs, and other clubs that aren't members yet
- Help to coordinate/plan District/region meetings
- Attend SSAI board meetings give report/update from region/district
- participate in committees
- Communications

Club Activities:

- District meetings, take turns hosting, or host in central location
- Some clubs struggling aging members; theft, vandalism (take security seriously, make a list of assets/inventory, insurance coverage), clubs who own their building – need to have income to cover expenses
- Some clubs thriving new members, new volunteer leaders, lots of activities
- Some new clubs want more information about SSAI
- Why don't some clubs want to belong to SSAI?
- Anything with food gets a good turnout.
- Soup/sandwich; soup/bun, Turkey dinner, potluck, coffee, BBQ, pancake breakfast
- Apply for grants (credit union, new horizons, CN, SSM, Saskatchewan Blue Cross, SaskCulture Multicultural Initiatives Project funding, Men's Sheds) – for accessible ramp/door, renovations, roof/shingles, digital literacy
- Workshops for support for grant writing
- Fundraisers, 50/50 draws, Telemiracle
- Meetings to plan events
- Charge a club membership fee; activity fee; discounts for members

- Free events people not showing up; have a wait list of alternates to fill vacancies; charge a minimal fee. Keep a list of people who are no-shows
- Museum visits, Garden tours, greenhouse tours, river boat tour, trip to Regina RCMP Museum, bus trip to Moose Jaw (casino, tunnels, spa), bus trip to Saskatoon Western Development Museum, Enchanted Forest at Saskatoon Forestry Farm
- Bowling, Pool, Floor Shuffle, line dancing
- Yoga, chair yoga, Active aging, Wellness clinic
- Craft, quilting, long arm quilting, stitch 'n' bitch, card making, art project
- Cards (Kaiser tournament), bingo, game day
- Walking, exercising (outdoors, school gym), Forever... in Motion, fitness classes
- Celebration tree decorate tree for all seasons
- Cleaning bee, garage sales, birthday celebration
- Combat isolation and loneliness for seniors
- Wifi
- Bring in Speakers/Presentations

Why should I get involved? What's in it for me?

- Fellowship, Friendship, companionship, mental stimulation, avoid isolation, keep active
- Socialize on an informal level; to visit neighbors, meet new people, and be involved in your community

SSAI Financial Report – Reviewed by Dawn Steeves

SASKATCHEWAN SENIORS ASSOCIATION Statement of Receipts & Payments 2023,			SUMMARY
Balance April 1, 2023			\$49,463.67
Main Account Receipts			<i>ψ.15/105101</i>
Memberships	\$	15,656.00	
SSM Grant	\$	13,275.00	
SLGA Grant Top-Up	\$	2,937.41	
Convention	\$ \$	6,179.00	
Donations	\$	20.00	
Sask Blue Cross Donation	\$	12,500.00	4
	Ş	50,567.41	\$100,031.08
Main Account Expenses			
Postage	\$	1,533.53	
Office Supplies	\$	403.39	
Printing	\$	3,751.19	
Phone	\$	210.00	
Rooms / Meetings-Directors	\$	8,041.97	
Meetings	\$	5,548.01	
Meals Beals Channel	Ş	441.26	
Bank Charges ISC Fees	\$ \$ \$ \$ \$	54.92 15.00	
Convention Expenses	ç	10,922.06	
Workshops	\$	10,922.00	
Admin Fees	\$	12,388.93	
Admin Mileage	Š	790.25	
Rent	Š	600.00	
Accounting	\$	-	
Website	\$	510.46	
Advertising	\$	367.50	
CRA Source Deductions	\$	1,798.78	
Walkathon Expenses	Ş	216.47	
Newsletter	Ş	6,500.00	
NPF Membership	\$	505.00 25.00	
SCOA Membership Spotlight on Seniors	ç	138.75	
Donations / Other	Š	544.43	
Misc	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	344.43	
	\$	55,306.90	\$44,724.18
Balance April 1,2023			\$ 19,601.98
LOTTERY ACCOUNT RECEIPTS			
Lottery Ticket Sales	\$	14,998.00	
	\$	14,998.00	\$ 34,599.98
LOTTERY ACCOUNT EXPENSES			
Cheque Order	\$	54.92	
Club Payouts	\$ \$ \$	7,340.00	
Raffle Payouts	\$	2,500.00	
	\$	9,894.92	\$ 24,705.06
	~	5,054,52	¥ 24,703,00

SASKATCHEWAN SENIORS ASSOCIATION INC

SASKATCHEWAN SENIORS ASSOCIATION IN	C							
Statement of Receipts & Payments							DI	ETAILED
Main Account Receipts	202	3/2024	20.	22/2023	20	21/2022	20.	20/2021
Memberships	\$	15,656.00	\$	13,263.00	\$	11,505.00	\$	12,040.00
SSM Grants	\$	13,275.00	\$	11,850.00	\$	11,000.00	\$	10,700.00
SLGA Grant Top-Up	\$	2,937.41	\$	2,345.14	\$	513.12	\$	2,440.50
SK Govt Support	\$	-	\$	-	\$	30,000.00		
SK Arts Grant					\$	1,000.00	\$	-
Canadian Heritage					\$	1,600.00	\$	1,600.00
Donations	\$	20.00	\$	1,352.44	\$	1,000.00	\$	-
CU Member Share					\$	5.00		
Convention								
Registration	\$	2,995.00	\$	2,000.00	\$	1,450.00	\$	-
Sponsor	\$	2,500.00	\$	1,500.00	\$	-	\$	-
Donations			\$	200.00	\$	45.00	\$	-
DVD Sales	\$	100.00	\$	150.00	\$	225.00	\$	-
50/50	\$	270.00	\$	181.00	\$	170.00	\$	-
Silent Auction	\$	314.00	\$	431.50	\$	148.00	\$	-
Bowling 50/50			\$	591.00	\$	-	\$	-
Sask Blue Cross Donation	\$	12,500.00	\$	1,500.00	\$	-	\$	-
	Ś	50,567.41	Ś	35,364.08	Ś	58,661.12	Ś	26,780.50
	•	,	•	,		,	,	,
LOTTERY ACCOUNT RECEIPTS								
Lottery Ticket Sales	\$	14,998.00	\$	13,208.00	\$	4,979.00	\$	9,776.00
Donations	\$	-	\$		\$	-	\$	150.00
	\$	14,998.00		13,208.00	\$	4,979.00		9,926.00
	,		,		•	,,	,	-,
TOTAL RECEIPTS	\$	65,565.41	Ś	48,572.08	\$	63,640.12	Ś	36,706.50
		•		,		,		•
MAIN ACCOUNT PAYMENTS								
Accounting	\$	-	\$	200.00	\$	200.00	\$	200.00
Bank Charges	\$	54.92	\$	56.61	\$	4.00	\$	22.00
Newsletter	\$	6,500.00	\$	6,500.00	\$	6,500.00	\$	6,075.00
NPF Membership	\$	505.00	\$	350.00	\$	350.00	\$	350.00
SCOA Membership	\$	25.00	\$	25.00	\$	-	\$	-
Spotlight on Seniors	\$	138.75	\$	105.00	\$	-	\$	-
Walkathon Expenses	\$	216.47	\$	213.97	\$	170.45	\$	165.40
Website	\$	510.46	\$	410.55	\$	332.86	\$	847.90
Misc (Pens)	\$	309.65	\$	303.60	\$	-	\$	-
ISC Fees	\$	15.00	\$	15.00	\$	35.00	\$	51.00
Office Supplies	\$	403.39	\$	299.24	\$	243.14	\$	40.82
Postage	\$	1,533.53	\$	4,167.69	\$	1,840.71	\$	1,151.33
Printing	\$	3,751.19	\$	1,963.14	\$	1,643.30	\$	869.42
Phone (Teleconference)	\$	210.00		178.75	\$	374.88	\$	1,329.14
Donations	\$	544.43	\$	150.00	\$	3,600.00	\$	1,000.00

Admin Fees	\$	12,388.93	\$	10,580.22	\$	12,718.52	\$	9,368.25
Admin Mileage	\$	790.25	\$	868.80	\$	917.55	\$	963.45
Rent	\$	600.00	\$	600.00	\$	600.00	\$	600.00
CRA Source Deductions	\$	1,798.78	\$	1,489.01	\$	1,704.31	\$	1,179.40
Advertising	\$	367.50	\$	262.50	\$	-	\$	-
Director Mileage	\$	3,819.00	\$	4,065.20	\$	3,693.50	\$	224.10
Director Meals	\$	246.25	\$	650.57	\$	188.73	\$	-
Director Hotels			\$	817.98	\$	393.75	\$	-
Convention Mileage	\$	1,729.01	\$	1,418.50	\$	895.65	\$	-
Convention Meals	\$	195.01	\$	199.64	\$	250.77	\$	-
Convention Hotel	\$	2,641.57	\$	1,573.77	\$	1,058.11	\$	-
Convention Meeting Rooms	\$	813.75	\$	630.00	\$	630.00	\$	-
Honorariums	\$	4,318.61	\$	1,500.00	\$	-	\$	-
Catering	\$	4,671.75	\$	3,590.17	\$	2,536.41	\$	-
Equipment Rentals	\$	1,965.43	\$	-	\$	930.18	\$	-
Convention Misc	\$	71.89	\$	348.50	\$	14.29	\$	-
Aspen Films	\$	4,171.38	\$	3,861.69	\$	3,639.69	\$	-
Workshops			\$	27,136.63	\$	1,991.57	\$	-
Refund - Canadian Heritage	\$	-	\$	-	\$	1,600.00	\$	-
	\$	55,306.90	\$	74,531.73	\$	49,057.37	\$	24,437.21
LOTTERY ACCOUNT EXPENSES								
Printing Cost	\$	-	\$		\$	-	\$	70.54
Club Payouts	\$	7,340.00	\$	6,243.00	\$	20.00	\$	3,176.50
Prize Payouts	\$	2,500.00	\$	2,500.00			\$	2,500.00
Bank Charges	\$	54.92	\$	-			\$	12.00
Outstanding Cheques	\$	-	\$	-	\$	4.00	-\$	32.50
	\$	9,894.92	\$	8,743.00	\$	24.00	\$	5,726.54
Total Payments	\$	65.201.82	Ś	83,274.73	Ś	49.081.37	Ś	30.163.75
rotari dynicino	7	03,201.02	~	05,274.75	7	45,002.57	~	30,103.73
NET INCOME - MAIN	\$	4,739.49	-\$	39,167.65	\$	9,603.75	\$	2,343.29
NET INCOME - LOTTERY	\$	5,103.08	\$	4,465.00	\$	4,955.00	\$	4,199.46
Assets March 31								
Main Account Balance		\$44,724.18		\$49,463.67	\$	88,631.32	\$	79,027.57
Lottery Account Balance	\$	24,705.06	\$	19,601.98	\$	15,136.98	\$	10,181.98
		\$69,429.24		\$69,065.65	\$	103,768.30	\$	89,209.55

I have reviewed the records of the Saskatchewan Seniors Association. This includes all deposit slips, invoices, bank statements and various records provided to me.

It is my opinion that the Financial Statements fairly represent the results of the Financial Activities of the 2023-2043 operations in accordance with all records submitted for review.

Dated this 12th day of May, 2024

Walkathon Final Results 2024

Our provincial walkathon has ended for 2024. The participation in the walkathon was about the same as 2023. The clubs that sent in reports this year did very well. The certificates will be presented at the convention on June 12th & 13th.

The provincial totals were 61261.73 kms walked, 28 clubs participated, and 314 members walked in 2024. The first-place finishers are as follows:

Highest Average Kms per Walker – Allan New Horizons – 354.10 Kms,

Highest Average Kms per Club Member – Kelliher Seniors – 235.94 Kms and

Highest Percentage of Club Members Walked – Kelliher Seniors – 100%.

Congratulations to Wendy Broadfoot from Allan who walked 2212 kms. Well done!! Honorable mention also to the following walkers, Allan Franz from Loon Lake Seniors who walked 656 kms, Ray Richard from St. Joseph Seniors St. Louis who walked 648 kms, Eric Aaamodt from Kelliher who walked 648 kms and Lynn Elder from Asquith Better Life Rec. Assoc. who walked 625 kms.

We had three walkers that logged over 500 kms. Special mention to Marie Crumetza, Allan New Horizons who walked 581 kms; Meada Wilson, Big River Seniors who walked 552 kms; Charles Biemans, Englefeld Good Neighbors who walked 540 kms. Well done Marie, Meada and Charles!

Also, Annette Pollard of Blaine Lake, 93 years walked 428 kms and Doreen Lamb of Ituna, 83 years walked 299 kms. Very impressive ladies! Keep up the good work!

Congratulations to all the clubs and walkers for being a part of our walkathon again this year. Every walker should be very proud. You are an inspiration to all.

Have a wonderful summer and be sure to keep moving!

Joan Boyer, Walkathon Coordinator Box 248, St. Louis, Sk. S0J2C0

Phone: 308-980-8151

Email: j.boyer@sasktel.net

Resolutions

Be it Resolved: that SSAI lobby the Government of Saskatchewan and the Ministry of Health to make the **shingles vaccine** available at no charge for seniors in Saskatchewan.

Background: Shingles is a horrible disease, causing great discomfort and hardships, and has become more prevalent. The cost of a single vaccine is almost \$200.00, and 2 shots of vaccine are required.

Arguments: Seniors on fixed income cannot afford the cost of the shingles vaccine, and therefore are taking the chance that they will not get shingles.

Moved by: Adian Makahoniuk

Seconded by: Ruth Lister Pelly Happy Hearts Club

Resolution: Shingles Vaccine

Be it Resolved: That SSAI form a sub committee to research the availability of the **Shingles Vaccine** for Seniors in Saskatchewan and that SSAI lobby the Government to make the Shingles vaccine available AT NO CHARGE for the Seniors in Saskatchewan. Background: Whereas the Government of Saskatchewan through the Sask Health Care Program does provide influenza vaccines, the COVID vaccine and pneumococcal vaccine to all seniors at no charge.

Whereas Shingles is a debilitating disease, becoming more prevalent, causing great discomfort with potential long-term side effects. The cost for one dose is about \$170 and two doses are required. Seniors who are fixed income cannot afford the Shingles Vaccine.

Whereas the First Nations Health Authority (FNHA), as of September 1, 2023 made the Shingrix shingles vaccine at no cost to First Nations Elders who are 60 years and older. The vaccine should be available to all seniors in Saskatchewan.

Moved by: Sandra Clarke Seconded by: Marion Ottas

Edam 49ers Club

Be it Resolved that SSAI lobby the government for **better dental coverage** notwithstanding current insurance coverage.

Background: Whereas if you have any self-coverage, you are ineligible Arguments: Those of us who tried to provide for our future and ourselves are being denied government assistance in our golden years when most of us have a limited income.

Moved by: Sandra Halseth, Coordinator A2

Seconded by: Vivianne Lesko, Meota Do Drop In

Region A

._____

Be it resolved that SSAI form a subcommittee to lobby and encourage the government to amend the plan to encourage all dentists to participate, to negotiate better compensation for dentists to encourage **more dentists to participate in the new Dental Plan**.

Background: persons applying for plan are having trouble finding a participating dentist. We should further investigate and work with government.

Moved by: Annette Blaquiere Seconded by: Florence Arlitt Districts 1 and 2 in Region A

Senior's Housing

Whereas Seniors who have lived their lives in an **rural area** do not want to move to the cities when they are in need of **affordable assisted housing**:

Therefore, be it Resolved that SSAI lobby the Saskatchewan Government to supply more affordable assisted housing in the towns in Saskatchewan.

Moved by Edith Henry; Seconded by Linda Greba. Passed at May 9, 2024 meeting. President Bruce Clements, Shellbrook

Be it resolved: concerns that there are not enough **facilities to accommodate seniors couples** so they could be housed together according to their needs. Background: the concern is that in rural areas most couples are separated and may not have family members or anyone to help them.

Arguments: Sometimes distance is a concern. They are put in facilities where family or friends cannot come that often to see them. This can be stressful on them. Loneliness is a big concern also.

-- Dysart Golden Year Club (Margaret Grohs)

Resolution: Supplies for Diabetics

Be it resolved that SSAI form a sub committee to lobby the Government of Saskatchewan to provide "free of charge" all needles, test strips and lancets, as well as the Readers and so that Diabetics can monitor their blood consistently. Whereas, known drug addicts receive from the Government of Saskatchewan, safe injection needles and other supplies, and in several areas safe injection sites. Whereas all diabetics need needles, test strips and lancets and insulin to have control over their disease. These are not covered under most private health plans. Whereas diabetics who have better control over the disease results in reduced hospitalization, saving the health care system considerable resources.

Moved by: Ilene Foulds

Seconded by: Joan Carmichael

Edam 49ers Club

SSAI EXECUTIVE MEETING Thursday, June 13, 2024 at 4pm

Travelodge Hotel (Saskatoon, SK)

Meeting Agenda for SSAI Board of Directors

- ISC Forms hand in completed forms; update director contact information
- Expense Sheets
- List of contacts/clubs for each district/region
- Appoint Secretary and Treasurer –
 has been Shannon (\$32/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 to sign for cheques/withdrawals:

Nici Warnock (SSAI President)

Maria Palmer (2nd Vice)

Shannon Wright (Secretary/Treasurer)

- **Financial Review** has been Dawn Steeves at Village of Vanscoy office *(ISC under \$100,000 gross revenue may waive audit and review)
- Resolution Committee –
- Nomination Committee –
- Convention Committee –
- Walkathon Joan Boyer
- Any other committees?
 NPF representatives –

SSM representatives – SSM AGM - Tuesday, June 18, 2024 at 10 a.m. via Zoom - 3 voting delegates will be Maria Palmer, Linda Smuk, Nici Warnock;

- SSAI Lottery for 2025 major fundraiser tickets available ______
 with draw date at 2025 convention in June.
 \$2/ticket and cash prizes 1x \$1000, 2x \$500, 5 X\$100
- NPF Membership Fee \$350/year; NPF Convention Sept 2025
- Spotlight on Seniors Tradeshow Wednesday, Oct 8, 2024 from 9am 3pm
- SSAI Newsletter in Gray Matters (next deadline end of August)
- Any other business

•	Date for next convention: Wed/Thurs June 11-12, 2025 at	
•	Date for next convention: Wed/Thurs June 11-12, 2025 at	

- motion to Adjourn

Saskatchewan Seniors Association Inc.

Convention Evaluation Form

June 12th and 13th, 2024 – Travelodge Hotel, Saskatoon

Were you satisfied with the overall convention? YES / NO
Would you attend another SSAI convention? YES / NO
What did you like about this convention?
What did you dislike about this convention?
Any other comments or suggestions to help us plan and improve for next year?

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