



Annual Convention

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

Thanks to our SSAI Convention 2024 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.

2024 Convention – Travelodge, Saskatoon

***Please Silence Your Mobile Phone**



TIME	WEDNESDAY, JUNE 12, 2024
8:30	REGISTRATION – sign in, setup silent auction, 50/50 tickets, pick up “Getting to know you” BINGO cards
10:00	*Nici Warnock – O Canada, Introductions, About SSAI
	Welcome and opening remarks – Kari Dean, Saskatchewan Blue Cross
	*Nici Warnock – thanks to our sponsors *Linda Smuk – interactive group discussion <ul style="list-style-type: none"> • Rural Seniors Clubs – Identify struggles and successes • How to increase membership? What are the barriers? What are the benefits? • How to recruit volunteer leaders and fill vacancies? • How to improve communication?
11:00	*Nici Warnock SaskDistricts.ca: A Sampler Session on getting to know your Sport, Culture & Recreation Districts
12:00	*Nici Warnock - 50/50 draw #1 Lunch
12:45	*Darlene Granger – National Pensioners Federation (NPF) Report
1:00	*Jane Uchacz Wills & Estate Planning – Erin L. Bokshowan, MLT Aikins
2:00	*Ellen Fraser Canadian Red Cross: Friendly Calls Program – Dina Holoien
3:00	*Linda Wright The Importance of Hearing Healthcare – Sandy Cowan & Jenni Flamand
4:00	*Shannon Wright – NHSP Grant announcement, Financial Report, Constitution & Bylaws, describe vacant positions, 1 st call nominations *Joan Boyer – Walkathon Report & Presentation of certificates *Linda Ard – Resolutions Part 1 of 2 *Nici Warnock – 50/50 draw #2
6:00	*Lylie Herman Banquet & Social Entertainment/Music & Cards/Games

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TIME	THURSDAY, JUNE 13, 2024
8:00	coffee
9:00	*Shannon Wright – SSAI Constitution & Bylaws; 2 nd call for nominations *Linda Ard – Resolutions Part 2 of 2
10:00	*Nici Warnock Health Directives and Advanced Care planning - Kimberly Kenke, SHA
11:00	*Linda Wright Chronic Pain: Living On Purpose – Tanis Walmsely, Social Worker
12:00	*Nici Warnock – 50/50 draw #3 *Linda Wright – hand in BINGO cards Lunch
12:30	*Linda Ard – Silent Auction ends
12:45	*Nici Warnock – Raffle Ticket draw & Final Report (Shannon Wright)
1:00	*Jane Uchacz Fall Prevention & Balance Education – Cheryl Lehne & Amanda Volk
2:00	*Maria Palmer Social Prescribing: Living Well in YOUR Community – Rod McKendrick C.M.
3:00	*Barb Johnson 3 rd call for nominations, Election of officers, Swearing in of officers, Group Photo of SSAI Directors & Coordinators; *Linda Wright – BINGO Prizes *Nici Warnock – Any other Business, Closing Remarks
	Adjourn Convention – Please hand in completed evaluation forms
4:00	Meeting for SSAI Executive, Directors, and Coordinators

** - identifies who will be speaking at the microphone to thank previous speaker, lead guests in a body break if needed, share announcements, and introduce next speaker.
NOTE: Jane Uchacz will be official timekeeper to keep us on schedule.*

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



As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Métis.

We pay our respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another.

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.

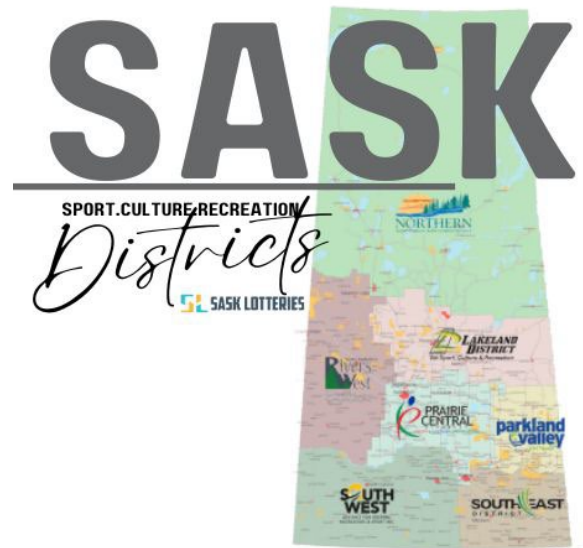
SaskDistricts.ca

Saskatchewan's seven Sport, Culture, and Recreation Districts, supported by SaskLotteries, provide information and services to support sport, culture, and recreation opportunities, which are key contributors to community wellness and quality of life in Saskatchewan.

District staff collaborate with communities to understand their unique needs. They help community leaders, organizations and volunteers connect the dots to essential information and various sports, cultural, and recreation service programs and service. Representatives today are from the Prairie Central District, Rivers West District and Lakeland District for Sport, Culture and Recreation.

Join Community Consultants for an immersive tour of the Saskatchewan Sport, Culture & Recreation district system. Discover an overview of services, participate in programming, and explore community success stories, all centered around the themes of community, sports, culture, and recreation.

Aileen Martin	aileen@prairiecentral.ca	(306) 726-2087
Bonnie Mills Midgley	rwdscr.lloyd@sasktel.net	(306)-344-7473
Crystal Clarke	crystal@lakelanddistrict.ca	(306) 953-1623
Helen Meekins	helen@lakelanddistrict.ca	(306) 874-1112



Erin Bokshowan

Partner, MLT Aikins

Erin assists clients with tax and estate planning issues and general corporate commercial matters. She also has experience dealing with asset and share purchases, corporate governance issues and unanimous shareholder agreements.

Estate Planning

An effective estate plan is one built around your unique circumstances and goals. This presentation will focus on key decisions to make and important items to consider as part of your holistic estate plan, including taxation, probate and planned giving. We will discuss Wills, Powers of Attorney and Advance Health Care Directives, and identify practical next steps for you to take.



Contact Information:

Erin L. Bokshowan (she/her)

Partner

Phone: 306-975-7111

email: ebokshowan@mltaikins.com

MLT AIKINS

WESTERN CANADA'S LAW FIRM

Dina Holoien

CANADIAN RED CROSS: FRIENDLY CALLS PROGRAM IN SASKATCHEWAN

Dina Holoien is a coordinator with the Friendly Calls Program in Saskatchewan. Dina's integral role includes supporting program participants, volunteers, and data management.

Saskatchewan Friendly Calls Program

Information regarding how to access and utilize the Saskatchewan Friendly Calls program as a participant, volunteer, or an organization.



The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

To learn more about the Friendly Calls Saskatchewan:

Call 1-833-979-9779 toll-free from 9 a.m. to 5 p.m. on weekdays,
Call 306-721-1600 between 9 a.m. and 4 p.m. HNC on weekdays,
Or visit www.redcross.ca/friendlycalls
Email: friendlycallsk@redcross.ca

Sandy Cowan

REGISTERED HEARING INSTRUMENT PRACTITIONER

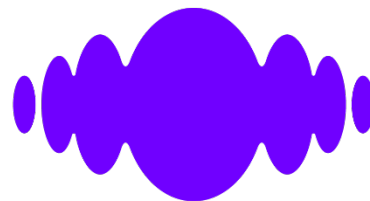
After working in hospitality for 13 years, Sandy changed career paths and joined the hearing care industry. He made this switch because of his passion for helping people and his interest in the medical field. He graduated with distinction from the Hearing Aid Practitioner program from Grant MacEwan University in Edmonton. He's been a hearing care professional with HearCANADA since he finished his schooling last year.



He was born and raised in Saskatoon and lives there now with his wife and two kids.

With hearing loss being the 4th most prevalent disability in Canada, and with 50% of Canadians over the age of 65 experiencing hearing loss, the importance of hearing healthcare is paramount. Our presentation covers the causes and effects of hearing loss and what methods there are to help with hearing loss and preserve our hearing as we age. We will also discuss what HearCANADA does for our clients and how we help those struggling with hearing loss.

Sandy Cowan, Registered Hearing Instrument Practitioner
HearCANADA (formerly Ex-Cell Hearing Services in Saskatoon)
Email: sandy.cowan@hearcanada.com
Telephone: 306-374-4050; 306-343-9516
Website: HearCanada.com



Hear CANADA

MEET JENNI FLAMAND, BC-HIS

Hearing Aid Practitioner



CERTIFICATION

National Board for Certification in Hearing Instrument Sciences

EDUCATION

Hearing Aid Practitioner Diploma, Grant MacEwan University

BACKGROUND

- Jenni relocated from Calgary to Saskatoon in March of 2020 to begin working with HearCANADA. "I was welcomed with warm hearts and open minds, and am proud to be a member of this growing, vibrant community."
- Jenni has been a part of the hearing care industry for over 10 years. She made the switch from an unrelated industry after witnessing the frustration, distress and isolation hearing loss had on family and friends. She is grateful to have made the switch and to make a positive difference in people's lives.
- When not in the office, Jenni loves exploring her new home province, taking day trips, making new friends, and discovering all the beautiful places and adventures Saskatchewan has to offer.

HELPING YOU TAKE CHARGE OF YOUR HEARING HEALTH

At HearCANADA, we're removing barriers to better hearing by giving you easy access to the best possible hearing healthcare. We're creating better hearing for all by reinventing industry standards to deliver cutting-edge hearing solutions and outstanding client care. Our mission ensures you can take charge of your hearing health and make the most of life.



Book a Complimentary Hearing Evaluation

or a product demonstration:

306-343-9516

1219 8th Street East, Saskatoon, SK



Leading Edge Technology.

Modern devices.
Enhanced
experiences.



Experience the Sound.

Your hearing.
Your way.



Hear Better Today.

Your solution.
Without the
wait.



One Week Trial.

No risk.
All reward.



The Best Products at the Best Price.

Buy with
confidence.
Guaranteed.



Maximize the Benefits.

Your insurance.
Our guidance.



Financing Plans to Suit You.

No credit checks.
Interest free.

Kimberly Kenke

SASKATCHEWAN HEALTH AUTHORITY

Kim completed her Bachelor of Science in Nursing at the University of Saskatchewan in 2001. She began her career in Pelican Narrows working as a Registered Nurse in advanced practice, where she realized a passion for work as a Nurse Practitioner. In 2004, she was accepted into the Family Nurse Practitioner program at the University of Victoria, convocating with a Master of Science in Nurse, Family Nurse Practitioner in 2006. She has spent the last 16 years working as a nurse practitioner providing primary care services to the communities of Blaine Lake, Hafford and surrounding area. She provides care to patients across the lifespan and has a special interest in community palliative care. Kim is married with 2 children ages 8 and 12. In her free time she enjoys being outdoors- biking, hiking, spending time at the lake and going on many adventures with her family.

Avoid Ostrich Syndrome - Let's Talk about Death!

The presentation will provide participants with information about the importance of advanced health planning including health directives and appointing a medical proxy. Participants will have the knowledge and tools needed to create their own directive and hopefully spread the word to others.

Kimberly Kenke (She/her) RN NP BSN MN
Nurse Practitioner
Hafford/Blaine Lake Primary Health Care Sites
Saskatchewan Health Authority |
Hafford Phone: 306-549-4460 Fax 306-549-4468
Blaine Lake Phone: 306-497-2494 Fax: 306-497-2557

Tanis Walmsely, Social Worker

USASK CHRONIC PAIN CLINIC

Tanis is one of the three social workers working at the USask Chronic Pain Clinic (UCPC). She is originally from Alberta but has lived in Saskatoon for over 25 years. She has worked as a social worker for 25 years. She has worked at all three Saskatoon hospitals, was a counselor at the University of Saskatchewan Student Health Centre, led groups and provided individual counseling with Mental Health Services at the Anxiety and Mood Disorder Clinic, and provided individual counseling and helped run groups at Community Services. On the MAC UCPC team, Tanis is interested in supporting clients as they develop and use non-pharmacological ways to help reduce pain and to cope with its impact on their lives. In her free time, Tanis enjoys spending time with her husband and three boys, having friends and family around their table, reading, being outside in nature with her dog (and whomever else wants to join), and watching standup comedy.



Chronic Pain: Living On Purpose

This presentation acknowledges the daily challenge of living with chronic pain, provides education on how chronic pain impacts the nervous system, and demonstrates some daily practices to turn down the volume of pain and retrain the nervous system.

Tanis Walmsley

USask Chronic Pain Clinic

Social Worker

BSW RSW

Hours of work: Mon, Wed & Thurs 8:30-4:30

Medication Assessment Centre

College of Pharmacy and Nutrition, University of Saskatchewan

HLSC E3134 - 104 Clinic Place, Saskatoon SK

p. 306.966.6469 | f. 306.966.6656 | medicationassessmentcentre@usask.ca

Cheryl Lehne, BSc.P.T.

Cheryl graduated from the University of Saskatchewan with a Bachelor of Science in Physical Therapy in 1997. Her career began in Melfort, Saskatchewan where she worked in acute care, long term care and outpatients until 2010 when she and her family moved to Saskatoon. A new direction in life and work, she began working in Community Services treating home-bound community older adults. In 2019 Cheryl accepted the position of Senior Physical Therapist with the Community Falls Prevention Program, Staying on Your Feet. This program is supported by the Community Older Adult Team and their program Forever... in Motion. Cheryl has enjoyed her 27-year career in various areas of physical therapy but teaching falls prevention to older adults has been most enjoyable and she finds working with community older adults very rewarding. Cheryl resides in Warman with her spouse, they have two children, both graduates of the College of Agriculture with degrees in Agribusiness.



Amanda Volk - support staff for Staying on Your Feet and Health Educator with the Forever... in Motion program. She has a degree in Kinesiology and has a passion for working with Older Adults.

Unlocking the Power of Physical Exercise for Older Adults

In this presentation we will discuss Fall Risk Factors and how to maintain your independence and Stay On Your Feet through education and exercise. You will learn the 4 main fall risk factor domains, and how to maintain your strength, function and balance to remain as independent for as long as possible.

We will provide a short exercise portion for you to experience a Forever...in Motion exercise class.



Cheryl Lehne, BScPT

Senior Physical Therapist

Community Falls Prevention and Balance Education Program

Community Services

Saskatchewan Health Authority | 306-655-3418 | Fax: 306-655-3430

Email: Cheryl.Lehne@saskhealthauthority.ca

Rod McKendrick C.M.

SOCIAL PRESCRIBING

— LIVING WELL IN YOUR COMMUNITY

Rod worked in policing for 31 years. As part of the Ministry of Justice, he provided province wide training on interpersonal violence and abuse. Rod retired from the Saskatchewan Ministry of Justice, Victims Services, as the Interpersonal Violence Specialist for the province in April 2023.

He continues to work as a collaborator on research commissioned by the Canadian Association of Chiefs of Police on the issue of Coercive Control and changes to the Criminal Code of Canada.

In November 2023 he joined the SSM staff team as Social Prescribing Coordinator.

Social prescribing is a way for physicians and health care workers and others front line supports to connect patients/clients to a range of nonclinical services in the community to help improve the health and well-being of individuals aged 55years +.

Social prescribing can help to address the underlying causes of a patient's/client's health and well-being issues, as opposed to simply treating the symptoms that arise from non-medical issues.

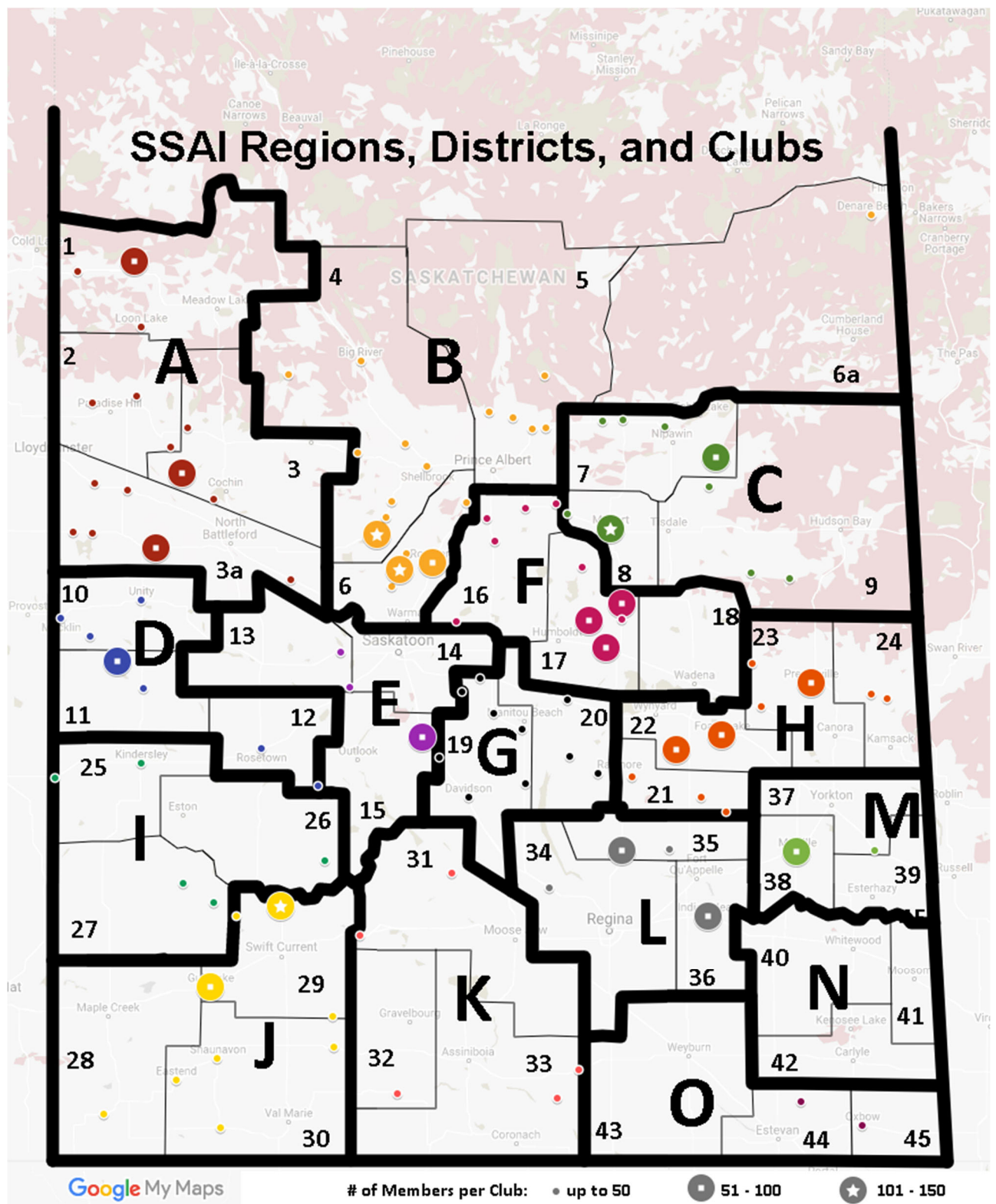
It promotes integrated community-based support and care and helps to reduce some of the dependance on health service provisions. Social prescribing can be used to refer patients aged 55+ to a variety of activities and services within or near to the community in which a person resides.

Rod McKendrick C.M.
Social Prescribing Coordinator
Saskatchewan Seniors Mechanism
Direct - 306-539-0465
Admin - 306-359-9956
Email: socprescrib@skseniorsmechanism.ca



*Older
Adults
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Forward*





We acknowledge that the land currently known as the Province of Saskatchewan is comprised of portions of lands from Treaties 2, 4, 5, 6, 8 and 10, the territories of the Nêhiyawak, Anihšīnāpēk, Dene, Dakota, Lakota and Nakota nations, and the homeland of the Métis.

SSAI Membership – as of June 1st, 2024:

79 Clubs are currently in 'Good Standing' – paid fees since June 1, 2023

2,937 club members + 29 Individuals = 2,966

50 Clubs have paid membership fees since April 1, 2024

3 Clubs have paid membership fees between Jan 1 - March 31, 2024

26 Clubs have paid membership fees June 1, 2023 – Dec 31, 2023

2 Clubs have reported closures

7 Clubs have not renewed membership yet

last payment	Club Name	Region	District	# members
02-Jun-23	Goodsoil Silver Threads Sr. Citizens	A	1	42
15-May-24	Loon Lake Seniors Inc	A	1	40
02-Jun-23	Pierceland Senior Citizens	A	1	30
23-Apr-24	Frenchman Butte Senior Citizens	A	2	20
27-May-24	Livelong Lakesiders Seniors	A	2	35
23-May-24	Mervin Merrymakers	A	2	20
28-May-24	Edam 49Érs	A	3	66
16-Jun-22	Maidstone Sr Citizens Drop In	A	3	
08-May-24	Meota Do Drop In Inc	A	3	38
15-Jun-23	Cut Knife SSAI	A	3a	45
31-May-24	Marsden Golden Age Group Inc	A	3a	22
17-May-24	Maymont Seniors' Hall	A	3a	21
15-May-24	Neilburg SSAI	A	3a	24
18-May-23	Big River Seniors Assoc. Inc	B	4	30
27-May-24	Blaine Lake Seniors Centre	B	4	103
28-May-24	Canwood Senior Citizens	B	4	34
09-Jun-23	Chitek Lake Sunshine Group	B	4	22
17-May-24	Marcelin Senior Citizens	B	4	21
15-May-24	Shell Lake Senior Citizens	B	4	26
17-May-24	Shellbrook Senior Citizens Co-op Club	B	4	58
06-Dec-23	Candle Lake Seniors	B	5	80
19-Jun-23	Christopher Lake Pine Tree Heritage Club	B	5	15
23-May-24	Weirdale Seniors Club	B	5	18
14-Apr-24	Hepburn Golden Age Centre	B	6	27
15-May-24	Laird New Horizons	B	6	30
08-May-24	MacDowall Seniors Club	B	6	19
02-Jun-23	Rosthern Senior Citizens	B	6	46
04-Jul-23	Waldheim New Horizons	B	6	76
27-May-24	Denare Beach New Horizons Club Inc	B	6A	47
15-May-24	Carrot River Seniors	C	7	59
15-May-24	Choiceland Sr Citizens Club	C	7	28
03-Jun-24	Snowden Pensioners & Senior Citizens Assoc.	C	7	19
27-May-23	White Fox Senior Citizens	C	7	24

08-May-24	Kinistino 1/2 Century Club	C	8	93
21-Mar-24	Melfort Senior Citizens Club	C	8	67
09-Apr-24	Arborfield sunset Lodge	C	9	22
08-Jul-23	Weekes Golden Age Club	C	9	36
08-May-24	Denzil Seniors Club	D	10	36
01-May-24	Macklin & District New Horizons	D	10	42
17-May-24	Unity New Horizons Assoc.,	D	10	58
01-May-24	Kerrobert SSAI	D	11	46
05-Feb-24	Dinsmore Gaiety Group	D	12	28
03-May-23	Harris - Tessier New Horizons Centre Inc	D	12	
14-Apr-24	Rosetown Senior Citizens Program Inc	D	12	26
28-May-24	Asquith Better Life Recreation Assoc	E	13	38
01-May-24	Delisle Senior Citizens Club	E	13	41
14-Jun-23	Vanscoy Seniors Citizens Club	E	13	45
04-Jul-23	Annaheim New Horizons Club	F	16	73
04-Dec-23	Birch Hills Seniors Club	F	16	64
21-Apr-23	Domremy Golden Age Club	F	16	37
01-May-24	Vonda Golden Age	F	16	35
15-May-24	Weldon Silver Tone Club Inc.,	F	16	28
15-May-24	Englefeld Good Neighbors Club	F	17	39
09-Jun-23	LeRoy Seniors	F	17	23
02-Jun-23	Naicam Sr. Citizens Assoc	F	17	62
21-Apr-23	Spalding New Horizons Senior Centre	F	17	19
04-Aug-23	St Joseph Seniors Club Inc	F	17	112
31-Oct-23	St. Brieux New Horizons Club	F	17	44
10-Jun-24	Allan New Horizons Seniors	G	19	45
08-May-24	Colonsay Senior Citizens	G	19	14
27-Jul-23	Davidson Senior Citizens	G	19	13
03-May-23	Hanley Senior Citizens Inc.	G	19	52
17-May-24	Kenaston Seniors Inc.,	G	19	38
27-May-24	Watrous Seniors Co-operative	G	19	66
23-May-24	Young Golden Age Club	G	19	22
03-Jun-24	Nokomis Seniors Welcome Inn	G	20	13
14-Apr-24	Semans Drop-In Centre Inc	G	20	30
17-Apr-24	Ituna Social Club	H	21	29
25-Apr-24	Kelliher Senior Citizens Co-operative Hall Ltd	H	21	32
13-Sep-23	Foam Lake Senior Citizens Inc	H	22	52
04-Jul-23	Norquay Involved Community Effort (NICE)	H	24	22
23-Aug-23	Pelly Happy Hearts Club Inc	H	24	39
28-May-24	Beechy Social Club Inc	I	26	10
23-May-24	Abbey 50 Plus Club	I	27	9
03-May-23	Consul Reno Senior Citizens Club Inc	J	28	10
12-Mar-24	Gull Lake Seniors Inc.,	J	29	48
17-Apr-24	Stewart Valley Happy Valley Club	J	29	11
28-Aug-23	Eastend Activity Centre	J	30	15
27-May-24	Shaunavon Pioneers Assoc	J	30	31

09-Jun-23	Eyeblrow Senior Citizens Club	K	31	27
01-May-24	Morse Seniors Group Inc.,	K	31	16
09-Apr-24	Bengough New Horizons Searchers	K	33	23
04-May-23	Ogema Dew Drop In	K	33	40
02-Jun-23	Bethune 50 Plus Club	L	34	20
31-Oct-23	Dysart Golden Year Club Inc	L	35	15
14-Aug-23	Southey Senior Citizens Club	L	35	60
28-Nov-23	Bredenbury Busy Bees	M	37	10
23-May-24	Friendship Club of Oxbow Inc.	O	45	38

SSAI Executive Board (as of June 2024):

Nici Warnock (President), Lylie Herman (Past President), Barb Johnson (1st Vice),
Maria Palmer (2nd Vice), Shannon Wright (Sec/Treas), + Region Directors

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
A Barbara Johnson	1 Brian Farris 2 Sandra Halseth 3 Ilene Foulds 3a Jean Lawes	1 Goodsoil, Loon Lake, Pierceland 2 Frenchman Butte, Livelong, Mervin 3 Edam, Meota 3a Cut Knife, Marsden, Maymont, Neilburg
B Bruce Clements	4 Lorraine Thibeault 5 Paul Paquette 6 Karen Wildeman 6a Elfriede Reimer	4 Big River, Blaine Lake, Canwood, Chitek Lake, Marcelin, Shell Lake, Shellbrook 5 Candle Lake, Christopher Lake, Weirdale 6 Hepburn, Laird, MacDowall, Rosthern, Waldheim 6a Denare Beach
C	7 8 Roland Ford 9	7 Carrot River, Choiceland, Snowden, White Fox 8 Kinistino, Melfort 9 Arborfield, Weekes
D	10 11 12	10 Denzil, Macklin, Unity 11 Kerrobert 12 Dinsmore, Rosetown
E Linda Wright	13 Ellen Fraser 14 Jane Uchacz 15	13 Asquith, Delisle, Vanscoy 14 Saskatoon 15

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

*List as of June 1, 2024. SSAI members/clubs meet at spring district/region meetings to elect Coordinators and Directors for 1 year term.

Health Literacy 101

Summer's finally here, which means it's the ideal time to get out and enjoy the beautiful prairies and beyond, but physical activity isn't the only way to stay healthy. At Saskatchewan Blue Cross we want to help you stay on top of your health-related goals and values all year long!

We believe in *Empowering Healthy Lives* and are sharing why health literacy is so important and how it can be done throughout the year.

Can you think of a time that you've ever delayed taking a step towards a healthier you because you aren't sure where to start? Maybe you've avoided going to the doctor or for medical tests because you're not sure of the language and terms used to describe a health issue, or you don't know how to check whether your health insurance offers coverage for a particular health provider.

Having strong health literacy skills enables you to make good decisions about your health and wellness based on the knowledge you have. **Simply, health literacy is:**

- Knowing where to seek treatment for your medical needs.
- Being confident and comfortable talking through your medical needs with your chosen healthcare professional.
- Understanding the information that is being shared with you.

GET STARTED TODAY

Here are some suggestions on how to begin this new journey. Remember — this information doesn't just apply to your doctor! Consider the following ideas the next time you meet with your dentist, physiotherapist, or other health provider.

- Prepare for your health appointments in advance. Taking notes for yourself about the health problems you're facing, reviewing your own medical history, or preparing a list of questions you want to ask can go a long way in helping you to get the answers you need.
- Ask your provider if you can record the conversation during your appointment to review afterward.
- When your health provider uses a word or a phrase you don't understand, ask them to pause and explain what they mean.
- Seek additional information following your appointments. That could mean asking for supplemental materials to help you understand the information you've been given or booking a follow-up appointment with your provider after you've had time to process it.
- It's easy to search the Internet for answers, but be aware that not everything you read is true. This is why it's important to create a good relationship with your provider, as they will be able to direct you to trusted information.



Build your personal health literacy toolbox with Saskatchewan Blue Cross!

You can visit us online to view additional resources at: sk.bluecross.ca/healthysk