



# Annual Convention

June 11<sup>th</sup> and 12<sup>th</sup>, 2025  
Travelodge Hotel, Saskatoon

Thanks to our SSAI Convention 2025 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.

## 2025 Convention – Travelodge, Saskatoon

**\*Please Silence Your Mobile Phone**



TIME	WEDNESDAY, JUNE 11, 2025
8:30	REGISTRATION – sign in, setup silent auction, 50/50 tickets, pick up BINGO cards, coffee, networking
10:00	* <i>Nici Warnock</i> – O Canada, Introductions – Who’s here?
	Welcome and opening remarks – Kari Dean, Saskatchewan Blue Cross
	* <i>Shannon Wright</i> – Thanks to our sponsors; About SSAI
10:30	Interactive Session: Club Programming Ideas and Techniques – Erin Crisfield
11:45	AGM Reports: Walkathon Report & Presentation of certificates
12:00	* <i>Nici Warnock &amp; Maria Palmer</i> - 50/50 draw #1; Lunch
12:45	* <i>Lorraine Thibeault</i> Video Message: Trish McAuliffe – National Pensioners Federation (NPF)
1:00	* <i>Bruce Clements</i> Downsizing - Home Free organizing solutions – Natasha Solvason
2:00	* <i>Jane Uchacz</i> Forever...in <i>motion</i> – Kimberly Willison
3:00	* <i>Linda Wright</i> Mental Health Association – Brenda Beaudry
4:00	* <i>Shannon Wright</i> Video Message: Ken Roy – Connected Canadians NHSP Grant announcement, Financial Report, SSAI Handbook, Constitution & Bylaws, describe vacant positions, 1 <sup>st</sup> call nominations * <i>Lorraine Thibeault</i> – Resolutions Part 1 of 2 * <i>Nici Warnock &amp; Maria Palmer</i> – 50/50 draw #2
6:00	* <i>Linda Smuk</i> Banquet & Social                      Entertainment/Music & Cards/Games

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

# Saskatchewan Seniors Association Inc.

## 2025 Convention – Travelodge, Saskatoon

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TIME	THURSDAY, JUNE 12, 2025
8:00	Coffee, networking
9:00	* <i>Bruce Clements</i> All Ways of Caring Home Care Services – Jesse Albanez
10:00	* <i>Shannon Wright</i> - 2 <sup>nd</sup> call for nominations * <i>Lorraine Thibeault</i> – Resolutions Part 2 of 2
11:00	Interactive Session: Club Management Tips and Strategies (Erin Crisfield)
12:00	* <i>Nici Warnock &amp; Maria Palmer</i> – 50/50 draw #3 Lunch
12:30	* <i>Linda Ard</i> – Silent Auction ends
12:45	* <i>Nici Warnock</i> – Raffle Ticket draw & Final Report ( <i>Shannon Wright</i> )
1:00	* <i>Jane Uchacz</i> Alzheimer Society of Saskatchewan – Erica Zarazun
2:00	* <i>Nici Warnock</i> SSFA – Sask Seniors Fitness Association – Al Gabert
3:00	* <i>Shannon Wright, Bruce Clements</i> 3 <sup>rd</sup> call for nominations, Election of officers, Swearing in of officers, Group Photo of SSAI Directors & Coordinators
	* <i>Linda Wright</i> – BINGO Prizes
	* <i>Bruce Clements</i> – 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 the previous speaker, share announcements, and introduce next speaker. NOTE: Jane Uchacz will be official timekeeper to keep us on schedule and will lead guests in a body break as needed.



## GUARANTEED ACCEPTANCE

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## 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.

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### ***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. We want to thank Joan Boyer for her many years of volunteering as coordinator for the SSAI Walkathon. We know that if this event is to continue that another person will step up to fill this volunteer leadership role. We also want to thank Linda Ard for continuing to help with our Silent Auction at the convention each year. We certainly notice the absence of our SSAI Past President, Lylie Herman, at convention this year; She sends her regrets and wished that she could be here – she has attended every SSAI Convention since 2008. It is important to thank our executive board including the Directors and Coordinators for their time attending meetings, working on committees (for convention planning, handbook revisions, resolutions), and providing updates to/from their club, district and region.

\*The SaskEnergy design is an official mark of SaskEnergy Incorporated used by SSAI under license and authorization.

## Erin Crisfield

Erin is a lifelong learning consultant and adult educator. Erin turns content into curriculum: workshops and webinars, study guides and courses, toolkits and trainings. She designs learning that builds on the knowledge and experience of adult learners, creates a-ha moments and connections, energizes, and equips for action.

Erin designs, reviews, and renews programs for adult learners, primarily for non-profits, co-operatives, and other social purpose organizations. She collaborates on research and knowledge translation, including literature reviews, qualitative data analysis, grant applications, report writing, and toolkits.

For Earth Day this year, Erin made a pledge to tithe at least 10% of her work time to climate education. She hopes to transition more of her work portfolio to supporting climate organizations.

Erin is a voracious reader, walker, gardener, and dog guardian. She lives in Saskatoon with her spouse, artist Ian Forbes, and rescue mutt Hattie.

Erin Crisfield, MA (she/her)  
Lifelong Learning Consultant  
Sidekick Freelance  
Phone: 306.880.4275  
Email: [erin@sidekickfreelance.ca](mailto:erin@sidekickfreelance.ca)  
Website: <https://sidekickfreelance.ca/>  
[www.linkedin.com/in/erincrisfield](https://www.linkedin.com/in/erincrisfield)





## **Trish McAuliffe, President of the NATIONAL PENSIONERS FEDERATION**

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

SSAI is a founding member of NPF.

SSAI pays annual membership fees to NPF.

**All members of SSAI are considered members of NPF** and are entitled to NPF membership benefits. As an NPF Member, we receive subscription to the National Newsletter (3 issues per year), invitation to the biennial convention, and member discounts (including Johnson Travel and Belair Direct Car and Home insurance). **SSAI, as an affiliated group, is entitled to 5 voting delegates at the biennial NPF convention and sends volunteer representatives to attend quarterly NPF Affiliates meetings.**

If an individual or seniors club chooses to pay for their own membership they would be entitled to participate more actively and vote at the NPF biennial convention. NPF receives no government funding and depends on membership and donations to support our activities. We encourage everyone to visit the NPF website to learn more. Registration is important for us to be able to communicate with you. We can send our newsletter and other important information to your email address.



### **78th NPF Biennial Convention**

**Convention Dates:** October 5th to October 7th, 2025

Registration fee is \$175/delegate. SSAI is entitled to send 5 voting delegates.

Location:

Airport Executive Hotel, 7311 West Minister Hwy, Richmond, BC (604) 278-5555

**Website:** [nationalpensionersfederation.ca](http://nationalpensionersfederation.ca)

**Email:** [trish.mcauliffe@npfmail.ca](mailto:trish.mcauliffe@npfmail.ca)

**Phone:** (905) 706-5806



## Natasha Solvason

Home Free Organizing

Natasha Solvason of Home Free Organizing Solutions is a Professional Organizer that has been helping clients downsize in and around Saskatoon for 15 years. She will discuss steps you can take on your own to start the downsizing process as she believes it is never too early to start sorting the items you have accumulated over a lifetime.



Natasha Solvason

Phone: 306-291-2531

Email: [info@homefreeorganizing.ca](mailto:info@homefreeorganizing.ca)

Website: [www.homefreeorganizing.ca](http://www.homefreeorganizing.ca)



### 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

## Forever... in *motion*

Kimberly Willison graduated from the University of Manitoba with her degree in Recreation Studies with a minor in Kinesiology and an Option in Aging...(if only aging was optional.) She has worked for the Saskatchewan Health Authority since 2000, presently as a Senior Recreation Therapist for the Community Older Adult team that supports Forever...in *motion*. She has been teaching fitness classes for over 30 years and is a Saskatchewan Parks and Recreation Association (SPRA) certified Fitness Instructor and Course Conductor as well as a Master Trainer of Urban Poling/Nordic Walking and a Bone Fit Certified Instructor. She was awarded the SPRA Fitness Leader of the Year award in 2012 and the Saskatchewan Association of Recreation Professionals (SARP) Award of Merit in 2017.



### Description of presentation:

Join us for an insightful presentation on brain health, exploring practical strategies to enhance cognitive function, memory, and mental well-being. Learn how lifestyle choices—such as nutrition, exercise, sleep, and stress management—impact brain performance. Discover how physical activity boosts brain health in this engaging presentation. Learn how regular exercise enhances memory, focus, and mood while reducing the risk of cognitive decline. Explore the science behind movement and mental wellness, and gain practical tips to incorporate brain-boosting fitness into your daily routine.

### Kimberly Willison, BRS

Senior Recreation Therapist - Community Older Adult  
Community Health Centre at Market Mall – Saskatoon  
Email: kimberly.willison@saskhealthauthority.ca  
Saskatchewan Health Authority | 306-844-4081

### Find us online @Facebook:

<https://www.facebook.com/groups/716435232463229>





## **Brenda Beaudry**

### **Mental Health Trainer and Facilitator**

**CANADIAN MENTAL HEALTH ASSOCIATION**

**SASKATOON BRANCH**

My name is Brenda Beaudry I have worked for Canadian Mental Health Association Saskatoon Branch for over 27 years in various positions. As of 2019 I am working ½ time doing various presentations for the community at large and I facilitate “Mental Health First Aid Basic, Adults interacting with Youth and Seniors Mental Health First Aid. I am a strong advocate for persons dealing with Mental Health issues, and over the years have tried dramatically to reduce stigma and disseminate false

beliefs associated with many Mental Health conditions. I am a firm believer that people can listen learn and act positively towards individuals who are struggling with a mental health condition. I was also a vocational counselor for over 25 years working with individuals with mental health issues to help them on their journey towards recovery. This incorporated many different directions for individuals because everyone is unique, and goals are all different. I wanted them to see that mental health should not stop them from progressing forward whether it is through education, employment, volunteerism etc. My heart has always been with Mental Health and CMHA Saskatoon!



**Canadian Mental Health Association**

**1301 Avenue P North**

**Saskatoon, SK S7L 2X1**

**Phone: (306) 384-9333 ext. 222**

**Email: [bbeaudry@cmhasaskatoon.ca](mailto:bbeaudry@cmhasaskatoon.ca)**

**Website: [cmhasaskatoon.ca](http://cmhasaskatoon.ca)**





## Program Relaunch Announcement: Expanding Seniors' Community Connections



**Saskatchewan Seniors Association Inc. (SSAI)** is excited to announce that, **due to the success of last year's program**, we have once again received funding from the Government of Canada's **New Horizons for Seniors Program** to continue our impactful initiative: **Expanding Seniors' Community Connections**. This program supports initiatives that are led or inspired by seniors who are making a difference in the lives of others in their communities.

The renewed grant will enable SSAI to provide **free virtual technology support sessions, volunteer training, and 12 Digital Literacy Workshops via Zoom**. This program is especially important for supporting seniors living in rural or remote areas in Saskatchewan by promoting digital literacy skills using technology to connect to a broader community.

SSAI has partnered once again with **Connected Canadians**, a National Digital Inclusion Charity that provides free technology support and training to older adults across Canada. Whether it's learning how to use a new device, understanding online safety, or simply staying connected with loved ones, Connected Canadians' technology mentors provide patient and personalized support free of charge.

We thank the **Government of Canada's New Horizons for Seniors Program** for their continued support in helping SSAI expand meaningful digital inclusion for older adults across Saskatchewan.



### Workshop Registration Link to Form:

[https://bit.ly/SSAI\\_CC\\_Workshops](https://bit.ly/SSAI_CC_Workshops)

### Connected Canadians Technology Support:

**Toll-free:** 1(877) 304-5813

**Email:** [info@connectedcanadians.ca](mailto:info@connectedcanadians.ca)

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



**NOTE: SSAI purchased 6 iPads in 2024 and another 6 iPads in 2025 with the NHSP funding. Please talk to Shannon Wright if you or your club are interested in borrowing one of these devices to attend workshops, training, and SSAI meetings.**



# SSAI & Connected Canadians Workshop Series

## October 2025



### Introduction to Zoom

**1:00 pm CST - Thursday October 9, 2025**

Learn the basics of using Zoom, including what it is, how to get it, and how to best use this video conferencing tool - plus fun tips and tricks!



### Digital Documents

**1:00 pm CST - Thursday October 16, 2025**

Learn when to use digital documents, store and preserve information, and the popular tools to share files on your device and online.



### Safe Digital Communications

**1:00 pm CST - Thursday October 23, 2025**

Learn how to connect your device to the Internet at home and in a public place safely and effectively.



### Phishing Scams & Internet Safety

**1:00 pm CST - Thursday October 30, 2025**

Learn how to recognize email phishing scams and helpful prevention tips to protect yourself - and gain confidence.

### Register via:

**Toll-free phone number:** 1(877) 304-5813

**Email:** [info@connectedcanadians.ca](mailto:info@connectedcanadians.ca)

**Form:** [https://bit.ly/SSAI\\_CC\\_Workshops](https://bit.ly/SSAI_CC_Workshops)

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

**Canada**



**NOTE: FREE Online Zoom Workshops will be held Thursdays in October, November, and February at 1pm (CST) Saskatchewan Time. Register to receive notifications.**





### **ChatGPT & AI: Navigating the Digital Conversation**

**1:00 pm CST - Thursday November 6, 2025**

Learn what ChatGPT is, how to use it safely, and how to get reliable answers while protecting your privacy.



### **Accessing Government Services**

**1:00 pm CST - Thursday November 13, 2025**

Discover how to navigate Government of Canada websites safely and securely for services like passport renewal, address updates, pensions and more.



### **Preparing to Learn Online**

**1:00 pm CST - Thursday November 20, 2025**

Learn how to use your browser as a tool to explore the wealth of information on the internet.



### **Making Technology Work for You - When Mobile Devices Are Hard to See**

**1:00 pm CST - Thursday November 27, 2025**

Learn how to adjust settings on mobile devices so that they are more accessible to use for those with minor vision loss.



### **Making Technology Work for You - When Movements Are Hard**

**1:00 pm CST - Thursday February 5, 2026**

Learn how to adjust settings on devices so that they are more accessible to use for those with motor control challenges.



### **Making Technology Work for You - When Things Are Hard to Hear**

**1:00 pm CST - Thursday February 12, 2026**

Learn how to adjust settings on devices so that they are more accessible to use for those with moderate to severe hearing loss.



### **Recognizing Fake News**

**1:00 pm CST - Thursday February 19, 2026**

Learn how to be critical of what you read and see online by recognizing biased, incorrect, or unreliable information online.



### **Logging Out: Preparing Your Digital Life for End of Life**

**1:00 pm CST - Thursday February 26, 2026**

Learn how to manage your digital accounts for end of life and keep your information safe.

## Certify with Connected Canadians

**SSAI is calling on seniors and senior supporters ready to take action! Learn to protect yourself and guide others through online safety challenges.**

Older adults are being targeted by online scams now more than ever. This new training helps you recognize threats, stay safe online, and provide effective response to cyber safety incidents.

### **What you'll need to do:**

- Watch each video module, learning at your own pace
- Test your knowledge after each module by taking a quiz

### **What you'll gain:**

- Tools to recognize scams
- Safe online communication skills
- Confidence to respond to cyber threats
- Cyber Safety First Aid certification

### **Who is it for?**

- Seniors and older adults
- Anyone working with older adults or other vulnerable populations

### **What you'll learn:**

- How to spot and avoid online scams
- Tips for safer communication and browsing
- How to recognize the signs you or someone you know is vulnerable
- How to support someone who has experienced fraud

**Basic competence with email is required.**

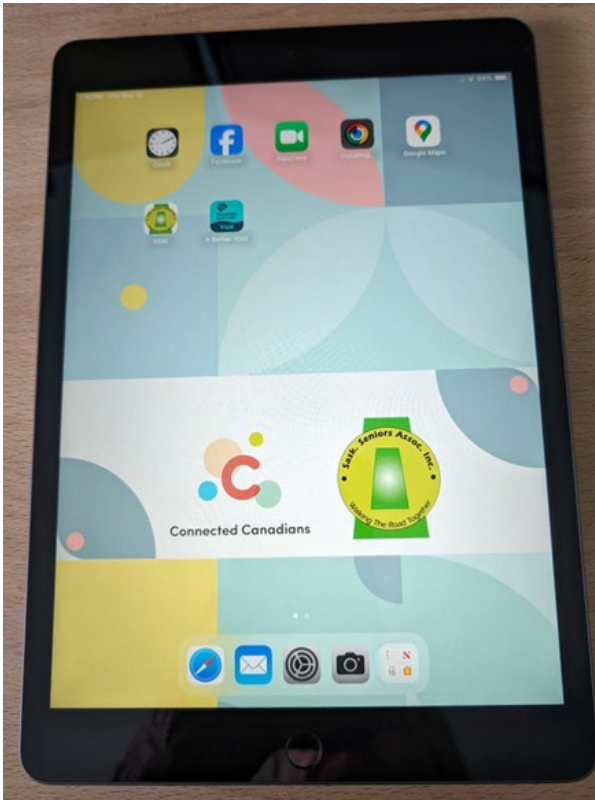
**To register go to <https://bit.ly/4kgdrc9> or scan the QR code below:**



**To learn more, visit [connectedcanadians.ca/cyber-safety](https://connectedcanadians.ca/cyber-safety)**



**The Cyber Safety First Aid comprehensive training stream is 10 video modules that are self-paced and supported by Connected Canadians. There are only 12 licenses (spots available) for SSAI members to take this training through the grant program.**



Talk to Shannon if you are interested:

Sign up for the  
Cyber Safety First Aid training  
– Space is limited!

Only 12 spots are available.  
Launching in July – SSAI will be the  
first official participants  
in this training program.

SSAI has 12 iPads available for  
Directors, Coordinators, Clubs, or  
members to borrow to attend digital  
literacy workshops, Cyber Safety First  
Aid training, and SSAI meetings.

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A poster for 'Country Roads' by Mike & Paulette Haws. The background is black with a winding road made of yellow musical notes. The text is in white and yellow. A yellow bracket is on the left side of the text.

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pcmcastillo@hotmail.com





## **JESSE ALBANEZ**

Jesse Ian Albanez, is the CEO of All Ways of Caring servicing Regina and Saskatchewan. He is a Registered Nurse with over two decades of experience, has worked in various hospital departments in Toronto and the Northwest Territories. He has held positions in Rankin Inlet, Nunavut, Inuvik, and Fort Smith. After moving to Saskatchewan, he worked at a rural hospital and long-term care facility before becoming a Nurse Manager at Wascana Rehabilitation Centre. He later became an Utilization Coordinator, overseeing bed allocation across the province. Jesse has observed the challenges faced by the elderly population and clients with disabilities, leading him to establish his own Private Home Care Service to provide support in clients' homes.



**all ways  
of caring**

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



## Erica Zarazun

As the Public Awareness Coordinator at the Alzheimer Society of Saskatchewan, Erica Zarazun has spent nearly three years leading public education initiatives on dementia, brain health, and stigma reduction. She executes impactful awareness campaigns, engages stakeholders across sectors, and builds resources that enhance accessibility and inclusivity for individuals living with dementia and their care partners. Erica is passionate about equity, diversity, and inclusion, she is committed to using communication as a tool to empower communities and shape impactful change.



Erica holds a Bachelor of Arts in Psychology and a Bachelor of Health Studies from the University of Regina, SK. In addition to her academic background, she has entrepreneurial expertise- having managed her own aesthetics business for the past 8 years. Her prior training in Fashion Business and Marketing from John Casablancas Institute in Vancouver, BC. also provided her with a strong foundation in branding, consumer engagement, and digital marketing.

Outside of work, Erica is passionate about personal development, self-care, and holistic well-being. She is dedicated to health and fitness, has a passion for learning and prioritizes travel whenever she can.

***This presentation from the Alzheimer Society of Saskatchewan will give you a better understanding of dementia, its impact, and how we can create inclusive and supportive environments for those living with dementia and their care partners. We will learn about the early signs, ways to reduce the risk of dementia, and how stigma affects those living with the condition. You will also discover practical ways to improve communication, support care partners, and make public spaces more accessible with the support from the Alzheimer Society of Saskatchewan.***

[www.alzheimer.ca/sk](http://www.alzheimer.ca/sk)

Phone: 1-800-263-3367

Email: [office@alzheimer.sk.ca](mailto:office@alzheimer.sk.ca)

**Alzheimer Society**  
SASKATCHEWAN  
**Learn More Live Well**





The Saskatchewan Senior Fitness Association, Inc. (SSFA) is a non-profit volunteer organization which strives to promote active living, wellness and participation among our province's adults 50 years and older.

Our goal is to improve the total wellbeing of older adults by organizing physical, cultural, social and intellectual activities for this segment of the population.

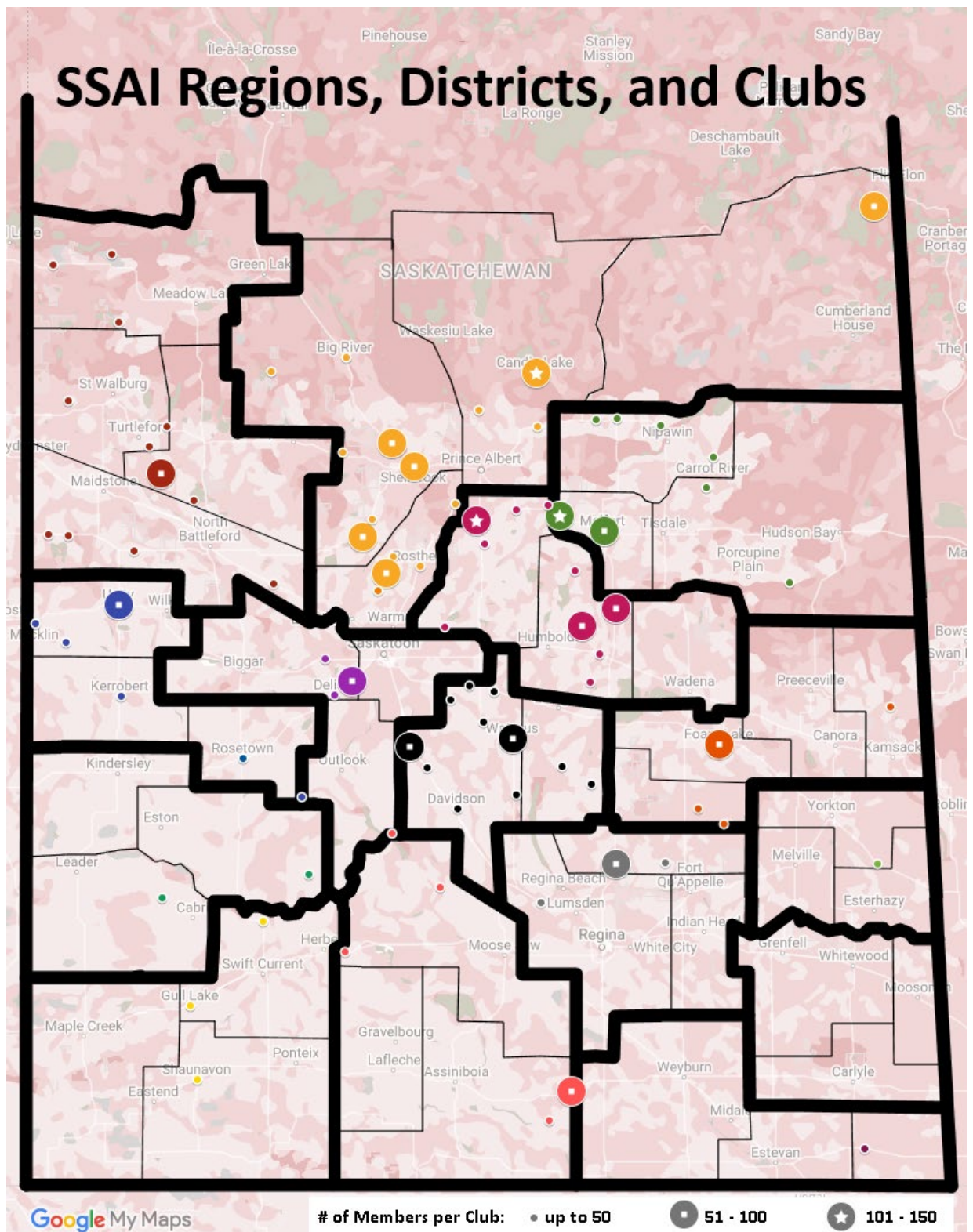
In addition to taking advantage of organized sports or leisure activities throughout the year, SSFA members may participate in their districts SSFA Games as well as the Sask. Senior Fitness Games which are held every two years in Aug./ Sept.

Sask. Seniors may contact: Al Gabert, President SSFA  
Email: gaberta64@gmail.com  
Cell: 306-441-6993  
Website: ssfa.ca

## Yellow Sleeves

**What is a yellow sleeve?** The yellow sleeve is a yellow plastic page protector used to store your Health Care Directive and Proxy information and any other information you want to be found in case of a medical emergency. Keep it on or near your fridge so EMS can find it if there is an emergency in your home. **Why should you have a yellow sleeve?** You can keep your Health Care Directive, proxy, and emergency contact information in one place so you can quickly bring it to the hospital. EMS will know to look for the yellow sleeve and will use the information in it to support your medical care if you cannot speak for yourself. **How do you get a yellow sleeve?** Contact the Advance Care Planning Program (ACPP) to request a yellow sleeve package with instructions.

**SHA Advance Care Planning Program** (306) 766-5922 or Toll free 1 (833) 544-2255  
email: [advancecareplanningprgm@saskhealthauthority.ca](mailto:advancecareplanningprgm@saskhealthauthority.ca)



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, Anihşināpēk, Dene, Dakota, Lakota and Nakota nations, and the homeland of the Métis.

## SSAI Board of Directors:

### June 2024

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

### June 2025 Election

**President:**  
 Past President: Nici Warnock  
**1<sup>st</sup> Vice:**  
**2<sup>nd</sup> Vice:**

**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
<b>A</b> Barbara Johnson	<b>1</b> Brian Farris <b>2</b> Sandra Halseth <b>3</b> Ilene Foulds <b>3a</b> Jean Lawes	<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
<b>B</b> Bruce Clements	<b>4</b> Lorraine Thibeault  <b>5</b> Paul Paquette <b>6</b> Karen Wildeman  <b>6a</b>	<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
<b>C</b>	<b>7</b> <b>8</b> Roland Ford <b>9</b>	<b>7</b> Carrot River, Choiceland, Snowden, White Fox <b>8</b> Kinistino, Melfort <b>9</b> Arborfield, Weekes
<b>D</b>	<b>10</b> <b>11</b> <b>12</b>	<b>10</b> Denzil, Macklin, Unity <b>11</b> Kerrobert <b>12</b> Dinsmore, Rosetown
<b>E</b> Linda Wright	<b>13</b> <b>14</b> Jane Uchacz <b>15</b>	<b>13</b> Asquith, Delisle, Vanscoy <b>14</b> Saskatoon <b>15</b>

<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> 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> Beechy
	<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
<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 85 clubs.**

# SSAI Financial Report – Reviewed by Dawn Steeves

## SASKATCHEWAN SENIORS ASSOCIATION INC

### Statement of Receipts & Payments 2024

<b>Balance April 1, 2024</b>		<b>\$</b>	<b>44,724.18</b>
<b>Main Account Receipts</b>			
Blue Cross Funding	\$	15,000.00	
Membership	\$	15,195.00	
Convention	\$	7,085.00	
Donation	\$	1.00	
SPRA Grant	\$	13,797.50	
SLGA Top Up	\$	3,489.35	
Gov Grant	\$	25,000.00	
	<b>\$</b>	<b>79,567.85</b>	<b>\$ 124,292.03</b>
<b>Main Account Expenses</b>			
Postage	\$	1,592.24	
Office	\$	161.83	
Printing	\$	4,153.83	
Phone	\$	288.75	
Rooms Convention	\$	8,372.01	
Meeting Mileage	\$	4,545.00	
Meals	\$	379.75	
Bank Charges	\$	93.16	
ISC Fees	\$	20.00	
Convention Expense	\$	11,696.99	
Admin Fees	\$	16,299.88	
Admin Mileage	\$	1,119.25	
Rent	\$	550.00	
Website	\$	399.46	
Advertising	\$	1,058.41	
CRA Source Deduction	\$	2,744.07	
Walkathon Expenses	\$	279.22	
Newsletter	\$	6,500.00	
NPF Membership	\$	350.00	
SCOA Membership	\$	25.00	
Spotlight on Seniors	\$	147.00	
Gov Grant Program Expenses	\$	21,250.00	
Miscellaneous	\$	159.84	
	<b>\$</b>	<b>82,185.69</b>	<b>\$ 42,106.34</b>
<b>Investment</b>	<b>\$</b>	<b>30,000.00</b>	<b>\$ 12,106.34</b>



<i>Balance April 1, 2024</i>		\$	24,705.06
<i>Lottery Account Receipts</i>			
Raffle Ticket Sales	\$	19,110.00	
	\$	19,110.00	\$ 43,815.06
<i>Lottery Account Expenses</i>			
Club Payouts	\$	8,364.00	
Raffle Payouts	\$	2,500.00	
Bank Charges (Chq Print)	\$	63.16	
O/S Chq 543	-\$	100.00	
	\$	10,827.16	\$ 32,987.90
Investment	\$	25,000.00	\$ 7,987.90

Total Assets as of April 1, 2024 = \$69,429.24

Total Receipts: \$79,567.85 + \$19,110.00 = \$98,677.85

Total Expenses: \$82,185.69 + \$10,827.16 = \$93,012.85

**Net Income: \$5,665.00**

**Total Assets as of March 31, 2025 = \$75,094.24**

Main Account: \$12,106.34

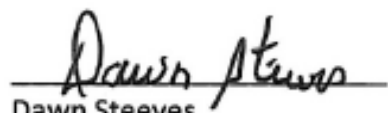
Lottery Account: \$7,987.90

1-year redeemable Term Account (3.0%) – matures Feb 13, 2026: \$30,000

12-60M Bronze Term Account (3.4%) – matures Feb 13, 2028: \$25,000

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 2024-2025 operations in accordance with all records submitted for review.

Dated this 12<sup>th</sup> day of May, 2025

  
Dawn Steeves  
Vanscoy, SK

# Walkathon Final Results 2025

Our provincial walkathon has ended for 2025.

The provincial totals were 47,485.90 kms walked, 23 clubs participated, and 304 members walked in 2025. The first-place finishers are as follows: Highest Average Kms per Walker was Asquith with 283.42 kms, Highest Average Kms per Club Member was Shellbrook with 143.47 Kms, and Highest Percentage of Club Members walked was Shellbrook with 100% participation from their club members. Well done, Shellbrook. You should be proud of your group!

Congratulations to Lynn Elder of Asquith who walked 801.6 kms. And Carole Augureau of Ogema who walked 797 kms. Well done!!

We had several walkers that logged over 500 kms. Special mention to Wendy Broadfoot of Allan New Horizons who walked 586.42 kms; Meada Wilson, Big River Seniors who walked 550 kms; William Vanderbuhs, Englefeld Good Neighbors who walked 525 kms., Linda Lundy, Shellbrook Seniors who walked 546 kms. Well done, Wendy, Meada, William and Linda!

Also, a special honorable mention to John Leonard of Ogema. This gentleman is 91 years old and walked 216 kms. An inspiration to us all. Congratulations John!!

Congratulations to all the clubs that participated this year and all the walkers for doing such a great job. You should all be very proud of your accomplishments.

Thank you for allowing me to be part of the walkathon over the past 8 years. I'm sure your new coordinator will do a wonderful job.

Have a fabulous summer and be sure to keep tripping the light fantastic or dance to the beat of your own drum!! Take care.

Joan Boyer, Walkathon Coordinator  
Box 248, St. Louis, Sk. S0J2C0  
Phone: 308-980-8151  
Email: j.boyer@sasktel.net

# Resolutions

## **RESOLUTION #1 ON ACCESSIBILITY IMPROVEMENTS IN SENIORS' HOUSING UNITS**

### **Foam Lake Senior Citizens Inc. #22**

WHEREAS seniors in rural Saskatchewan face increasing mobility challenges as they age;

AND WHEREAS accessibility features such as walk-in showers and raised toilet seats significantly enhance the safety, independence, and well-being of older adults;

AND WHEREAS many existing seniors' housing units lack these essential modifications, increasing the risk of falls and limiting the ability of seniors to age in place;

AND WHEREAS the Government of Saskatchewan and local municipalities have a responsibility to support aging populations by ensuring accessible and safe housing;

**THEREFORE, BE IT RESOLVED THAT the Saskatchewan Seniors Association Inc.** urges the Government of Saskatchewan, local municipalities, and relevant housing authorities to:

1. Implement Accessibility Standards – Require all newly constructed seniors' housing units to include walk-in showers with grab bars and raised toilet seats as standard features.
2. Retrofit Existing Units – Establish funding programs or grants to assist landlords, homeowners, and housing authorities in upgrading older units with accessible features.
3. Increase Public Awareness – Develop educational initiatives to inform seniors, caregivers, and housing providers about the importance of accessibility modifications.
4. Secure Funding & Partnerships – Advocate for increased investment from provincial and federal governments, as well as partnerships with non-profit organizations and businesses, to support accessibility improvements.
5. Monitor and Evaluate Progress – Ensure ongoing assessment of accessibility upgrades in seniors' housing to address gaps and improve policies as needed.

**BE IT FURTHER RESOLVED THAT** this resolution be submitted to municipal councils, the Saskatchewan Ministry of Health, the Saskatchewan Housing Corporation, and other relevant stakeholders for consideration and action.

## **Resolution #2 for Advancing Continuing Care Aid Education and Funding for Enhanced Accessibility**

### **Foam Lake Senior Citizens Inc. #22**

WHEREAS continuing care aids play a critical role in supporting the health, independence, and quality of life for our senior citizens, ensuring they receive compassionate, knowledgeable care within our community;

WHEREAS there is a growing need for enhanced education and training programs for continuing care aides to meet the evolving demands of health care services, particularly in rural and underserved areas across Saskatchewan;

WHEREAS increased funding for continuing care aid programs is essential to improve the accessibility and quality of care provided to seniors, enabling these dedicated professionals to receive ongoing education, certification, and professional development;

WHEREAS strengthening continuing care aid education and funding directly contributes to better health outcomes, reduces hospital admissions, and supports a more sustainable and responsive local healthcare system;

**THEREFORE, BE IT RESOLVED THAT the Saskatchewan Seniors Association Inc.**

advocate to the Government of Saskatchewan, relevant health authorities, and local education institutions for:

1. **Enhanced Funding Initiatives:** Allocation of increased funding for continuing care aide education and training programs to ensure accessibility and quality education for all prospective and current aides.
2. **Development of Accessible Training Programs:** Expansion and modernization of continuing care aide education, including online and community-based learning options, to accommodate the diverse needs of Saskatchewan's population.
3. **Partnerships with Educational Institutions:** Strengthening collaborations with local colleges, vocational schools, and health care organizations to create standardized, high-quality training curricula that reflect the current best practices in continuing care.
4. **Incentives for Professional Development:** Implementation of financial incentives and support systems (such as scholarships and grants) to encourage ongoing education, certification renewal, and advanced training for continuing care aides.
5. **Increased Public Awareness:** Launching community outreach initiatives to raise awareness about the vital role of continuing care aides and the importance of accessible, well-funded education programs in enhancing care for seniors.

**Resolution #3 for Advocacy on  
Access to Primary Care Providers in Rural Saskatchewan**

**Foam Lake Senior Citizens Inc. #22**

WHEREAS access to a primary care provider (family physician or nurse practitioner) is essential for maintaining the health and wellness of senior citizens, ensuring timely medical intervention, chronic disease management, and overall well-being;

WHEREAS many rural communities in Saskatchewan, including Foam Lake, face significant shortages of primary care providers, leading to long wait times, increased emergency department visits, and unmet health needs among seniors;

WHEREAS seniors often face barriers such as transportation challenges, mobility limitations, and complex health conditions that require consistent and accessible primary care;

WHEREAS the Saskatchewan government has acknowledged the need for improved primary health care services but requires further targeted investment and strategic solutions to address shortages in rural areas;

**THEREFORE, BE IT RESOLVED THAT** the **Saskatchewan Seniors Association Inc.** urges advocate to the Government of Saskatchewan and the Saskatchewan Health Authority for:

1. The recruitment and retention of primary care providers in rural communities through increased financial incentives, training programs, and partnerships with medical schools.
2. The expansion of nurse practitioner-led clinics to provide accessible, community-based primary care services for seniors.
3. The development of mobile primary care units or virtual care programs tailored to meet the needs of rural seniors who cannot travel for medical appointments.
4. Increased funding and support for home care services to allow seniors to receive essential health care at home, reducing strain on hospitals and emergency services.

**BE IT FURTHER RESOLVED THAT** this resolution be forwarded the Saskatchewan Association of Rural Municipalities (SARM) and/or the Saskatchewan Urban Municipalities Association (SUMA), as well as local Members of the Legislative Assembly (MLAs), for their support and action.



The following resolutions were presented at 2024 Convention and tabled.  
Please re-consider the following resolutions:

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### 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

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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)

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# SSAI - Year in Review (June 2025)

- SSAI executive board met in person (June 13 at 4pm, 2024) and via Dialpad (Sept 25, Nov 6 for Strategic Planning, Jan 8, March 12, and May 14)
- Hosted telephone town hall meeting Feb 12 via Dialpad to discuss district/region meetings
- District and Region meetings held to elect coordinators and directors
- SSAI has 1 paid employee (Shannon Wright) - admin time, mileage, rent, expenses
- Resolutions Committee – (Lorraine, Maria, Sandra, Jane, Nici, Shannon) had several dialpad meetings and drafted letters and letter templates on the topics of Coverage for Shingles Vaccine, Funding for Diabetic Supplies, and Canadian Dental Care Program. View the letters and responses on our website: <https://saskseniors.com/wp/advocacy/>
- Convention Planning Committee: Bruce, Linda, Nici, Shannon
- Committee to review SSAI Club Handbook – Lorraine, Barb, Nici, Maria, Shannon
- Raffle tickets Oct 1 – June 12: 51 clubs and 2 individual members sold tickets
- Membership cards – mailed to clubs who request them
- 90+ certificates and membership cards – available by request
- In memory Donation (Betsy Redstone) - Long Lake Valley Integrated Health Care Auxiliary
- Spotlight on Seniors – hosted and organized by Saskatoon Council on Aging (SCOA) – Oct 8, 2024 at TCU place (Nici, Jane, Maria, Linda Wright, Bruce) – sold raffle tickets and SSAI memberships, handed out pens, notepads, brochures, bags, candy; networking
- Reps also attended Bethune 50<sup>th</sup> Anniv, Manitou trade show, Watrous Winter Games
- NPF rep – Lorraine Thibeault – attended meetings online/telephone
- SSM Conference (May 21-22) – Lorraine
- SSM Ideas Exchange & Workshop (May 27 zoom) – SSAI reps: Nici, Bruce, Linda Smuk
- Walkathon – supported by Joan Boyer (St. Louis)
- Paid advertisement in Prince Albert Daily Herald – Christmas/New Years
- 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 retroactive to 2019
- Literary Challenge – Jan Limerick, Feb acrostic, March haiku, Summer Short Story; posted 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 – only allows 500 contacts in free version.

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

**SSAI EXECUTIVE MEETING Thursday, June 12, 2025, at 4pm**  
**Travelodge Hotel (Saskatoon, SK)**

**Meeting Agenda for SSAI Board of Directors**

- Welcome! Introductions. Discuss expectations.
- ISC (sign financial) – update director contact information; Expense Sheets
- List of contacts/clubs for each district/region
- **Appoint Secretary and Treasurer** –  
has been Shannon (\$34/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:
- **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** –
- **Walkathon Coordinator** –
- **Any other committees? (membership?)**
- **NPF representatives** –  
NPF Membership Fee \$350/year; NPF Convention October 5-7, 2025,  
Richmond, BC (5 voting delegates for SSAI, \$175/person registration fee)
- **SSM representatives** – SSM AGM - Wednesday, June 18, 2025, at 10 a.m. via  
Zoom - 3 voting reps will be Lorraine Thibeault, Maria Palmer, Nici Warnock
- **SSAI Lottery for 2026** – major fundraiser – tickets available \_\_\_\_\_  
with draw date at 2026 convention in June. Print maximum 15,000 tickets.  
\$2/ticket and cash prizes 1x \$1000, 2x \$500, 5 X\$100
- **Spotlight on Seniors Tradeshow** – Tuesday, Oct 7, 2025, from 9am – 3pm
- **SSAI Newsletter in Gray Matters** (next deadline end of August)
- **Connected Canadians** (iPads, 12 spots for Cyber Safety First Aid Training)
- **Any other business? (SaskPolytech Collaboration)**
- **Next convention: Wed/Thurs June 10-11, 2026, at Travelodge Saskatoon**
- Date for next executive meeting: \_\_\_\_\_
- motion to Adjourn

# Saskatchewan Seniors Association Inc.

## Convention Evaluation Form

June 11<sup>th</sup> and 12<sup>th</sup>, 2025 – 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? \_\_\_\_\_

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

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Any other comments or suggestions to help us plan and improve for next year?

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