



SRA

SASKATCHEWAN RETIREES ASSOCIATION

THE

SPRING 2019

ADVISOR

SRA SUPPORTS WELLNESS

The July 2018 enhancements to the SRA Health Plan included the introduction of the Member Assistance Program (MAP). This is a program similar to the Employee and Family Assistance Programs you will have had while working. The MAP is a benefit under your Saskatchewan Retirees Association Health Plan — members and their dependants are eligible to receive MAP benefits.

The MAP delivers a variety of resources and professional services to help you live well. MAP is accessible on a confidential basis 24 hours a day, seven days a week, 365 days of the year.

ONLINE SERVICES

Access a range of online tools and resources such as articles about specific health topics, e-learning courses, and more.

LIFESTYLE COACHING

Over-the-phone services with supporting materials designed to allow users to take a proactive approach to managing everyday challenges. Some of the topics covered are **nutritional coaching, smoking cessation, retirement and post-retirement planning, elder and family care, legal advisory, financial coaching, relationship solutions, and grief and loss.**

COUNSELLING

Confidential counselling services to help members with personal challenges such as relationship or family concerns, anxiety, depression, addictions, grief, coping with health issues, etc.

ACCESS

The MAP is included in your SRA Health Plan premiums so there are no added costs for accessing the services. GMS has engaged Homewood Health to provide these services. For services, either call **1-800-663-1142** or search for **www.homeweb.ca** and a trained counsellor will respond to your needs.



FROM THE PRESIDENT

As we move into 2019, the Saskatchewan Retirees Association is continuing to build on its strong foundation. 2018 was a very successful year with 368 new members joining the Association. That is a 47% increase over the previous year. That means we had a new member join the SRA every day throughout the year.



With the addition of the Member Assistance Plan, the SRA Health Plan now offers a more complete offering of services that promote wellbeing for our members.

We continue to look for opportunities to engage with members, so the efforts to participate in the Spotlight on Seniors event in Saskatoon gave our 800 Saskatoon region members the chance to meet Board members and exchange ideas about needs and interests for the future. This event was part of the three-year action plan that was approved in 2018.

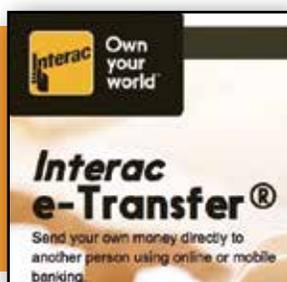
The SRA has also decided to become more active in support of our membership in the Saskatchewan Seniors Mechanism (SSM). A major research project is underway to create a Seniors Strategy for older adults in Saskatchewan. The SRA understands the importance of this project and has agreed to financially support the development of the phase that will result in the findings and final report being produced. Included in this support were our efforts to include members in participating in the survey to develop priorities.

You can look forward to the SRA taking a higher profile in important events that matter to you as our members. This is part of our commitment to represent your needs and interests and use our collective resources for the benefit of older adults across Saskatchewan.

Regards,

A handwritten signature in black ink, appearing to read 'Randy Dove'. The signature is fluid and cursive.

Randy Dove, President



AN INTEGRATED STRATEGY FOR SASKATCHEWAN'S AGING POPULATION

In 2016, 27% of the population in Saskatchewan was age 55 or over. It is estimated to increase to 34% by 2038. Some people worry that the increasing percentage of older persons will put greater stress on community resources. However, older persons continue to be a positive resource. They contribute a tremendous amount of volunteer time to our communities. They bring a wealth of experience and wisdom. They are living longer, more active lives, with a greater awareness of the need to maintain a healthy lifestyle. Whether you see the increasing population of older persons from the perspective of increasing needs or increasing benefits, the real issue for our province and our communities is to plan for this population shift.

Over the last few years, older persons have expressed concerns related to the accessibility of timely health services; the ability to remain in their home as long as possible with ready access to all necessary services; the affordability of care homes and the availability of long term care beds; transportation issues; the sufficiency, sustainability and security of their finances and the effects of social isolation on their health and others. The situation is complicated by additional variables of rural vs. urban, wealthy vs. poor and living alone or with family or friends.

For the most part, governments, community leaders, community organizations and individuals have an understanding of what the problems are when addressing the needs of an aging population. There are many ideas about what is needed. What seems to be most lacking is a plan for how to get there – a Seniors Strategy.

This is the motivation for the Saskatchewan Seniors Mechanism (SSM's) involvement and the SRA's financial support. In the absence of leadership and planning, SSM decided to take on the challenge of working to address these issues. The goal is "To develop a research-based strategic direction, including an effective formal structure, to address the needs and concerns of older persons in Saskatchewan."

During 2018, SSM held forums and focus groups in various communities across Saskatchewan to listen to the needs and gather ideas from older persons. As part of the research, several main themes were identified through the consultation process.

The Saskatchewan Retirees Association is supporting the need to help develop a strong voice for older persons in Saskatchewan. Watch for future reports and direction in June 2019.

A Seniors Strategy is imperative to ensure that "All Voices Count! Older Adults Need to be Heard!"

SAVE THE DATE — ANNUAL GENERAL MEETING



The SRA will hold its Annual General Meeting on May 30, 2019 at Wesley United Church, 3913 Hillsdale Street, Regina, SK., at 10:30am.

In addition to the usual business of the meeting, we will be recognizing an Honorary Lifetime member so there will be lunch served as part of the celebration of the SRA successes and future direction.

Our bylaws require that one-third of the Board of Directors will be open for election of directors. We are aware that there will be some retirements from the Board, so there are opportunities for you to play a more active role in guiding the direction of the SRA.

We also have active Committees working to support your needs and interests. This is an excellent learning and mentorship place if you are thinking about your involvement and would like to be introduced to the SRA at a slower pace.

In the event you have questions or some interest, please contact us at 1-306-584-5552 or email us at info@saskretirees.org. Our Nominations Committee will be delighted to hear from you!



MEMBER COMMENTS

Have a question? Suggestion? Need Information?

Let us know:

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