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1975 - 2025

**SASKATCHEWAN  
RETIRES ASSOCIATION**

# THE ADVISOR

FALL 2024

## **SRA OPERATIONAL REVIEW: STRENGTHENING OUR FOUNDATION**

The Saskatchewan Retirees Association (SRA) is driven by a dedicated volunteer board of directors, supported by four equally committed volunteer committees. Our board members are actively engaged in all facets of SRA's operations, from processing membership applications and hosting webinars to engaging in strategic discussions with key partners like Plannera and GMS. While certain tasks, such as mass email distribution, website development, graphic design, and printing, are outsourced, the backbone of our organization is the tireless contribution of our board and committees.

To ensure we continue to effectively meet our members' needs, SRA engaged the consulting firm Praxis in January 2024 to conduct a comprehensive review of our administrative processes. The primary goal was to identify opportunities for increased efficiency and effectiveness in our operations. This review focused on several critical areas:

- An assessment of SRA's vision, committee mandates, and the past three-year action plan.
- A thorough review of our administrative and operational processes to pinpoint strengths, weaknesses, risks, and gaps.

- Recommendations for a governance model that aligns with any proposed changes.

Over several months, Praxis conducted in-depth interviews with all board and committee members and performed a peer assessment of three other volunteer non-profit organizations. Their final report offered several key recommendations for the incoming board, emphasizing the need for clear documentation practices, well-defined policies, and the preservation of institutional knowledge. These elements should be compiled into a board handbook accessible to all board and committee members. Additionally, the report underscored the importance of a stronger focus on succession planning, recruitment, and a more equitable distribution of workload across the board and committees.

The board has found this analysis invaluable and plans to integrate the detailed findings into the development of our next three- to five-year strategic plan. This operational review represents a significant step in ensuring that SRA remains strong, effective, and fully equipped to serve our members now and in the future.

## SRA BOARD & COMMITTEES EXTEND A BIG THANK YOU

SRA extends heartfelt gratitude to our outgoing board members, Randy Dove and Charlotte Dusyk, for their remarkable contributions over many years of volunteer service. Randy served as President for 12 years, while Charlotte contributed as Secretary for 14 years. Both played key roles in various committees, guiding SRA through periods of growth and transformation.

**RANDY DOVE** joined the board at a crucial time, revitalizing the organization and driving membership growth to over 4,000 members. His leadership modernized the SRA website in 2013 and again in 2024, ensuring it remains user-friendly. Randy also championed the Advisor newsletter, spearheaded the honorary lifetime membership initiative, and improved the Annual General Meetings' format, fostering engagement and efficiency.

Beyond internal improvements, Randy strengthened external relationships, particularly with GMS and Saskatchewan Seniors Mechanism, and helped SRA adopt social media and virtual meetings to stay connected with members.

**CHARLOTTE DUSYK** has been the backbone of SRA's events, ensuring smooth and well-organized gatherings. Her attention to detail in board administration—developing a board orientation process, managing onboarding materials, and maintaining accurate meeting minutes—has been invaluable. Charlotte's commitment to communication ensured members stayed informed and appreciated.

On behalf of the entire SRA membership, we extend our deepest thanks to both Randy and Charlotte. Your dedication will be greatly missed, and we wish you all the best in your future endeavours.

## ENGAGING MEMBERS WITH INFORMATION WEBINARS



SRA continues to engage members through information webinars. These webinars have been well attended by members with lots of engagement, great questions, and great discussion. These sessions are recorded on YouTube and are available to review on our web site at this address:

<https://www.saskretirees.org/members/>

Recent webinars include:

- **Factors Driving Loneliness and Social Isolation**, March 7, 2024 – Natalie Iciaszczyk, Research Program Manager at the National Institute on Ageing, provided a presentation on risk factors older adults face that increase the possibility of older adults becoming socially isolated or lonely.
- **Positive Aging Through Home Supports**, December 6, 2023 – The Saskatchewan Seniors

## YOU ASKED US: PROTECTING YOURSELF AGAINST CYBER FRAUD

We're introducing a new ongoing article into the SRA newsletter about a topic you have asked us about. Our first topic is cyber fraud.

Fraud schemes are constantly evolving, with scammers using fear, hope, and your natural willingness to help to manipulate you. Common tactics include promises of prizes, threats of legal action, or pleas for assistance in catching criminals.

In 2021, over 67,000 Canadians lost more than \$380 million to fraud, making it the top crime against seniors. Older adults are particularly targeted due to their increased time at home, potential loneliness, and often higher trust levels. Scammers exploit real-world events, such as the pandemic, and create elaborate ruses, from posing as government officials to impersonating

Mechanism provided information about options to support older adults remaining in their own homes and living independently, which is the choice of most seniors. The webcast provided ideas and asked for feedback and questions in exploring alternatives to what seems to be government's reliance on institutional long-term care.

- **Nutrition and Healthy Lifestyles**, March 8, 2023 – Dr. Allison Cammer, Assistant Professor, College of Pharmacy and Nutrition at the University of Saskatchewan joined us and provided a presentation on nutrition and healthy eating to support healthy aging and living well.

We would like to hear your ideas on information sessions we could consider this year. Please submit your ideas to SRA at [skretireesinfo@gmail.com](mailto:skretireesinfo@gmail.com).



family members in need of urgent help.

### To protect yourself:

- Never share personal details like your Social Insurance Number or passwords.
- Use strong, unique passwords and keep your antivirus software up to date.
- Shop only on secure websites (look for "https").
- Update privacy settings on social media and avoid accepting requests from strangers.
- Regularly monitor bank statements and report any suspicious activity.

If you think you've been scammed, gather documentation, report the fraud to police and your financial institutions, change all your passwords, and warn family and friends. Fraud is constantly evolving, so staying informed and cautious is your best defence.

Let us know if you'd like to hear more on this topic. We'd also like to hear about other questions you have about the SRA, or other seniors' topics and issues you are interested in. Please submit ideas to the SRA at [skretireesinfo@gmail.com](mailto:skretireesinfo@gmail.com) and we'll highlight the most requested topics in the next newsletter.

# INTRODUCING YOUR SRA BOARD OF DIRECTORS FOR 2024/25

## EXECUTIVE COMMITTEE:

President:	Harold Hugg
Vice President:	Ken Lozinsky
Treasurer:	Chris Oleson
Secretary:	George Meredith

## COMMITTEE CHAIRS:

Finance:	Chris Oleson
Communications/ Growth:	Bill Thomson and George Meredith
Group Benefits:	Harold Hugg
Pension and Issues:	Ken Lozinsky and John Mowbray
Membership:	Shane McLellan
Nominations and Governance:	Beatrice Regnier

## MEMBERS AT LARGE:

Brian McKay
Mae Smith



## MEMBER COMMENTS Have a question? Suggestion? Need information? Let us know!

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