
NEWSLETTER

Outdoor Spaces and Buildings: An Age-Friendly Focus Area

What does it mean to be Age-Friendly as we move around outside? For months, health officials kept reminding us to stay at home! Now it is **time to go outside safely**.

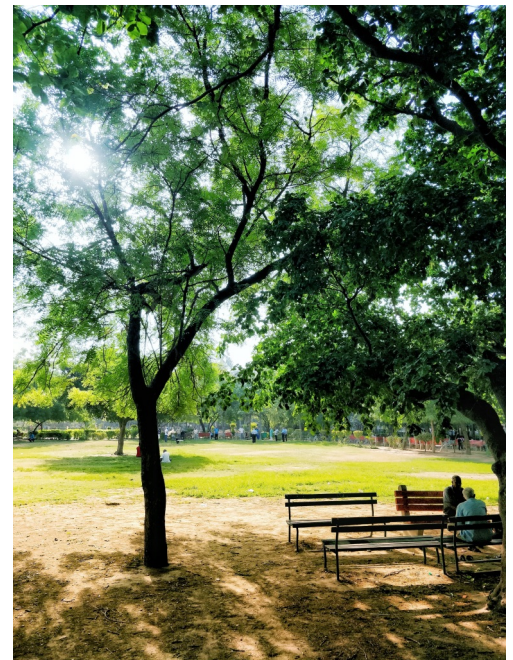
Outdoor Spaces and Buildings is an Age-Friendly focus area. With the long days of summer, we have opportunity to be outside while we continue to physically distance, avoid congregating in large groups, and wear masks when we are not able to be six feet apart from others.



Credit: Gervyn Louis on Unsplash.

Are there enough safe places to walk in your community? Could Councils declare streets to be pedestrian only at certain times of the day? Take a look at your sidewalks. Are sidewalks safe for walking including for those using mobility devices, or are they uneven and in need of repair by your city or town? What about strollers, bicycles, and scooters? How can all these modes of transportation co-exist safely with each other? Age-Friendly Committees could talk with Councils to encourage repairs for increased safety and accessibility.

Park benches and picnic tables could be moved so that people from different households can safely visit with each other at 6 feet apart. Some communities are ensuring that there are shady benches on which to rest during a long walk. The pandemic has meant the closure of many public washrooms. What is your community's policy? Age-Friendly communities could advocate for public washrooms to stay open with more regular cleaning.



Credit: Kumar Vivek on Unsplash.

Communication and Information: An Age-Friendly Focus Area

How can we be Age-Friendly as we communicate and share information? For months, most of us have stayed at home much more than usual. We have not been able to visit informally at events and casually chat as we shop. We may have missed out on information about what is going on in our communities including local pandemic protocols. The pandemic may have limited our regular communication.

Age-Friendly Committees could promote wider sharing of information in your community or neighbourhood. In what ways does your Council currently share information about COVID-19 protocols and 'opening up? Some have newsletters and/or a Facebook page. Other communities or neighbourhoods post notices on outside bulletin boards. Rural newspapers continue to look for quality submissions. Check with the Editor about sharing more Age-Friendly information. How can you share

information with persons who are socially isolated in care homes, assisted living facilities, apartment style complexes, individual units, and rural areas? A Canada Post mail drop of a 1-2 page flyer is inexpensive in a small community and reaches everyone with a box number.



How might your Age-Friendly Committee promote **your** Age-Friendly work to your community? Rosetown and Strasbourg have Age-Friendly Facebook pages. Humboldt emails information to community organizations who forward it to their membership or through newsletters of faith communities. Libraries are opening for curb-side deliveries, and eventually for patrons to enter. Could your Age-Friendly Committee partner with your library staff to share community news and your Age-Friendly work on a leaflet tucked inside borrowed library materials? Have your Age-Friendly logo handy to include in all your public information.

More Ideas from Active Age-Friendly Committees

Rosetown (SK) created an info sheet for local seniors on services available during the pandemic. A Committee member coordinates a group who sews no-cost face-masks for seniors. On their Facebook page, Rosetown Age-Friendly actively SHARES posts from organizations and businesses.

Cranbrook (BC) reminds us on their website that Age-Friendly includes child care and support for parents during these challenging times and offers website links for help. Check out their website for various Age-Friendly initiatives.

<https://www.cranbrookagefriendly.ca>

Ponteix (SK) implemented a **green** card/**red** card system for the Ponteix Seniors' CO-OP Residence. Folks who live across from each other use the cards in their windows to alert each other and passers-by. Situations that might justify the use of a **red** card: falling, being sick, needing groceries, needing help picking up the mail, needing a meal, call 911 if no one answers the doorbell. A **green** card means all is well. This creative suggestion of communities caring for each other has spread across Canada.

Moose Jaw (SK) invites area residents of all ages including members of faith communities and schools to send letters of support and encouragement to an Age-Friendly email address. The Age-Friendly Committee distributes these messages weekly to the residents of various assisted living centres and care homes. The Committee also supported the Salvation Army's successful application for funding through the Seniors Response Fund* to assess the needs of vulnerable seniors and distribute Cheer-Up Kits to low-income and isolated older adults in Moose Jaw & Area.

DISTANCE

MAKES US

STRONGER

#supportseniors #spreadkindness

In the wake of COVID-19, Moose Jaw's Age-Friendly Committee is inviting our community to help in boosting the morale and brightening the day of a senior, by sending some virtual mail their way!

Send your generic letters of support & encouragement, stories, scanned copies/pictures, ect. to:

keepingmjseniorsconnected@gmail.com

Moose Jaw's Age-Friendly Committee will forward them to participating assisted living centers and care homes in Moose Jaw & Area, to be shared with all residents.

Age Friendly
Moose Jaw

*The "Cheer-Up Kits" program is made possible by United Way Regina's COVID-19 Seniors Response Fund funded through the Government of Canada's New Horizons for Seniors Program.

We all have a responsibility to each other to remember to stay safe during these unprecedented times. We may feel a false sense of security when COVID-19 numbers are lower. The virus is still with us and will be for the foreseeable future. How can your Committee continue to stay safe while contributing to your community at this time? As always, we learn from each other. What ideas can your Age-Friendly Committee share about how you do your work? Please drop us a line.

See more info on how Age-Friendly Committees can **Pivot! Partner!** during the pandemic in the Summer 2020 edition of *Gray Matters* published by the Saskatchewan Seniors Mechanism. Would you like to be on our mailing list for this quarterly publication with articles of interest to older adults in Saskatchewan? If so, please call us at the phone number below.

In closing.... **Be kind. Be safe. Be calm.** - Dr Bonnie Henry, Provincial Health Officer, BC.

Thank you,
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Click on this [site](#) for updated Saskatchewan information about COVID-19 procedures and guidelines.

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