

# Age Friendly Rosetown

December 2021

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**How Can You Help?**

- Give us your ideas on what can better make Rosetown an Age Friendly place to live.
- Assess how Age Friendly your place of business or property is and take steps to improve it.
- Volunteer at a project put on by the Age Friendly Committee
- Be watchful for ways you can help out a fellow Rosetown resident—regardless of their age!

**Thank YOU for your support!**

Since invites were sent out to local stakeholders in 2016 to see if there was interest in Rosetown to try to make our home more accessible and inclusive to seniors and people of all ages, it was not a surprise that this community stepped up. There may be a core committee working on the Age Friendly principles, but it would not be possible without all the encouragement,

suggestions for improvement, volunteering at events, attending events, listening and taking action in your own organization or home, and sharing with others information about Age Friendly.

Rosetown would never have been able to attain our provincial status as an Age Friendly community without you!

The Age Friendly Rosetown group is currently working on future planning to build upon the foundation already started in this great community.

But first, please join us in a short trip down memory lane of the Age Friendly successes—so far!

(Note: Initiatives are based on requests and needs shared with us by residents like you.)

**THANK YOU!**

# Project Updates



## Outdoor Spaces and Buildings

**Benches**—In the 2016 Age Friendly survey, respondents overwhelmingly said they would like rest areas when out walking. As a result we now have 11 new benches spread out across town.

**Sidewalk Safety**—Another predominant concern shared was the cracks in many of our sidewalks. While neither Age Friendly or the Town of Rosetown can control the frequent ground shifting, the Town did purchase sidewalk shaving equipment and addresses areas of concern as are able. Mother Nature always seems to be a step ahead, but everyone is doing their best to prevent falls!

**Post Office Door**—Reports of seniors injuring themselves trying to open the heavy doors at the Post Office were shared with us. This led to dialogue with Canada Post, and them installing an automated door at the end of 2017.

**Handrails on Bleachers**—The survey also had people commenting on the reason they no longer watch their kids or grandkids play baseball is because they do not feel safe climbing up and down the bleachers at the sports ground. Once again this information was shared with the Town of Rosetown. Since then the Town has installed handrails on their bleachers.

**Curb Cuts**— A former Age Friendly committee member who has mobility issues volunteered to take on the task of testing the accessibility of all the sidewalks in Rosetown. It took a while, but he was able to identify and mark problem areas. The Town of Rosetown used this map as a guide to start work on improving curb cuts in various areas in 2020.



## Respect and Social Inclusion

**Pen Pals**—An attempt at creating a pen pal program between local seniors and children was done in 2017, Unfortunately, due to participation numbers and other factors it only ran for a few months. Maybe something to look at in the future if more interest!

**Toast to Seniors**—We partnered with the Rosetown and District Health Centre starting in 2018 to host Toast to Seniors events, where we provided breakfast and/or entertainment for seniors in Rose Villa, Orange Memories and the Seniors Centre. Covid has halted this activity for the last two years, but watch for it to return (hopefully) in the coming years.!



**Harvest Festival Royalty**—All seniors are royalty! To acknowledge this Age Friendly partnered with the Rosetown Museum to name a King and Queen (and Prince and Princess) for the annual Harvest Festival.

Financial Support—You may have seen or participated in one of the Age Friendly fundraisers in the past and wondered what the funds are used for. Part of the funds are used to assist local seniors centered programs. This has included the Seniors Centre and the recent Rose Villa landscaping project.

Christmas Cards Drive—After a long year of quarantine, in 2020 we instigated a card drive for the Rose Villa, Orange Memories and Wheatland Regional Centre residents. The community really stepped up with an overwhelming show of Christmas cheer!



## Social Participation

Christmas Music—We wanted to provide an older person friendly entertainment event for the Christmas season. In 2018 and 2019 we hosted evenings of olde tyme seasonal music, with snacks, beverages and free rides to attend. In 2020 we needed to get creative in how to continue this new tradition, therefore, produced a video with the help of local musicians. These were gifted to local seniors, long term care homes and even organizations outside of Rosetown who requested copies. Thanks also go out to the local businesses who helped fund this project!



Downtown Christmas Night—As our contribution to the annual shopping night, we worked with the Prairie Centre Credit Union who provides a warm up area with seating, goodies and entertainment while we barbecued hotdogs outside. Donations received were given to the Santa’s Hut. For the event, Age Friendly was also able to convince Mrs. Claus to attend and spread cheer to shoppers of all ages! Unfortunately, we were unable to participate this year, but hope to be back next time.

Story Walk—As a way to promote physical activity and safe interaction, we helped promote the West Central Literacy Committee’s story walk at Lovett Park earlier this year. This took participants on a journey around the world, right here in the middle of a Canadian winter. It was a great chance for grandparents and grandchildren to get outdoors together safely amidst public health orders.



## Communication and Information

Facebook—Age Friendly Rosetown has a Facebook page that keeps you up on Rosetown happenings and a multitude of other information that will either give you the information you are looking for or the laugh you need.

Newsletters—You may have seen an Age Friendly newsletter at various locations over the years or on the Town of Rosetown website. We use them to keep you informed of our work and to ensure you know your suggestions and concerns are being seriously considered with actions taken as able.

Pandemic Supports Info—As the pandemic hit in March 2020, a one pager was shared widely with seniors on what was open, how to get grocery and meds delivered and whatever else you may have needed to get through quarantine.

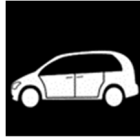
## Communication and Information continued

Cannabis Info—The longer time has passed since cannabis became legal, the more questions have been asked about its use, especially for medical reasons. Age Friendly has recently attained and distributed a publication by Active Aging Canada titled “Cannabis and Older Adults”. These can be found at the local cannabis retailers, Canadian Mental Health Association office, Home Care and upon request if contact Crystal at the info in green below.



### Housing

From the 2016 survey we heard many concerns about eligibility for seniors housing. This was shared with the Town of Rosetown, who along with Age Friendly, sent letters to various politicians to address. It then became a topic in the legislature.



### Transportation and Community Support and Health Services

The Covid vaccine clinics started in one of the coldest times of the year, with some older adults choosing to brave the weather in order to receive their first dose. That did not sit right with us. Therefore, we rented the Wheels for Wheels van on clinic days to give free rides to anyone who needed one.



### Civic Participation and Employment Opportunities

Your Voice—Everything Age Friendly Rosetown has done was a result of you sharing your ideas, concerns: YOUR VOICE. It was you who participated in and shared your voice for the 2016 survey. It was you who attended the focus groups and shared your voice. Your voice is in the driver’s seat for this journey.

**Fundraisers** — need these to make the ideas into reality!



 Age Friendly  
Rosetown

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## 2022 Survey is Coming Soon!

Surveys to guide Age Friendly Rosetown’s work for the next 5 years will be out in the community in the near future. Please watch for them and seriously consider sharing your voice with us once again.

