Summer has come and gone, having provided a well-deserved rest period for volunteers. Autumn sees the restart of a lot of community activities including those under the purview of Age-Friendly Regina (AFR).

This second issue contains information pertaining to achieving the AFR goals for this year: obtaining recognition from the Province, implementing the AF Checklist within the City operations, and making presentations to a variety of community groups.

You will also find information pertaining to the upcoming Stakeholders Group bi-annual meeting and changes within the Steering Committee.

Additionally, this issue features one of our Stakeholders and highlights another Age-Friendly Community in Saskatchewan.

If you have suggestions for future editions of the Newsletter, do not hesitate to share them with us at agefriendlyregina@gmail.com.
Embracing the Age-Friendly Journey involves community-minded volunteers who come together with the common vision of creating a community where policies, services, settings, and structures support and enable people of all ages and abilities to participate fully.

III. Assess the community, determine where age-friendly initiatives are needed—initial survey was done from January to June 2019. The survey has now been updated and relaunched and is considered an ongoing activity.

IV. Develop, publicize and implement an action plan including evaluation criteria. Pillars III and IV are cyclical activities that are ongoing.

Once the full cycle through these pillars was completed a detailed application for Recognition was submitted to Age-Friendly Saskatchewan (AF Sk)

AF Sk submitted their recommendations for Recognition to the Board of Saskatchewan Senior Mechanism (SSM).

We anticipate that this public recognition will occur towards the end of November or the beginning of December. While we are not sure of the number of attendees allowed, we hope to be joined by some of our Stakeholders.

Additional information will be distributed as it becomes available.

Stay Tuned

Watch for more information
Participation comes in many forms. There is a need to have people on a priority setting and decision making committee (Age-Friendly Regina [AFR] has a Steering Committee for such a purpose); there is a need to have people who wish to share a specific skill set; there is a need to have people willing to publicly promote and support a community endeavor such as AFR. Together, these three pillars will ensure a viable, engaged and healthy community.

The Steering Committee of AFR is looking to see how it can expand our information gathering in recognition of the diversity of our city. Currently we are in search of a new chair for this committee - a person who can lead and collaborate with a team and who is motivated by public interest and community challenges.

We need people with specific skills to support and enable AFR with the possibility of not only attaining its goals but we believe surpassing them. Presently we are looking for individuals who would like to:

- Share their writing skills for (the newsletter, letters to the editor, op-eds, promotion material);
- Share their ability to use social media;
- Be a special project organiser;
- Lead focus groups;
- Make presentations to promote the Age-Friendly movement;
- Introduce AFR to those in the community who may be interested in entering a mutually supportive relationships;
- Help with email management.

Volunteers, stakeholders organizations or individuals, need not become Steering Committee members but could add their skills to committee work for a time commitment that works for them. If you have a skill in the areas just mentioned or one that you believe would have benefit for the community please contact us at agefriendlyregina@gmail.com.

The need for strong public support is obvious but the how best to attain it and maintain it has yet to be defined. We must work within our means and our resources. We are still a relatively new committee with some depth but not enough to sustain all that we would need to do.

To learn more about us, visit our website at agefriendlysk.ca/regina – then join us and let us see just how far we can go!
Age Friendly Regina has defined ten (10) specific goals for 2022-23. To review the goals please visit the website at agefriendlysk.ca/regina.

We are trying to convey through the goals the direction AFR is wishing to pursue in the coming year. We are cognisant of the important contribution the City of Regina and the Saskatchewan Health Authority (SHA) are presently bringing to the table. This is reflected in the approval by the City to view their programs/policies/projects through the lens of an Age-Friendly Community. In addition to this, the sharing of information such as the Snow Angels grant program demonstrates a collaboration & openness which is noteworthy.

Thanks to SHA, we are updating the information on housing, mental health, safety and transportation contained in the AGE WELL REGINA document. As well, we are going to be launching a new survey which will add to our understanding of the community needs and take appropriate action as a result. We will keep the public and our Stakeholders apprised of direction and action.

The success of a well-rounded Age-Friendly community depends on the buy in of a large and diverse segment of the community. With this in mind we wish to increase the number of our Stakeholders and develop a stronger bond with the business community of Regina.

As in all groups that wish to maintain a certain longevity, we are presently addressing the issue of succession. We need to encourage people to participate and we especially need those who have the passion needed to help build the community we would all wish to live in.

One of our big challenges is to become better known in our community. As the general public becomes more aware of the work of AFR, we will be positioned to be more effective in gathering and addressing the needs and concerns of the community. AFR has put an emphasis on improving its visibility and communication in the coming year.

The vision of AFR is to build an age-friendly community where people of all ages can live safely, enjoy good health, and remain involved in their community.
The Lifelong Learning Centre (LLC) has been offering a wide range of courses for older adults at the College Avenue Campus of the University of Regina since 1977. These courses have no exams or assignments – aside from the writing courses – and no previous education is required. More recently LLC added evening courses for those who are not able to take daytime courses.

Subjects offered include Arts and Entertainment, Computers and Technology, Fitness, Languages (French, Spanish and Ukrainian), Lifestyle, Science, Social Studies, and Writing. Some of the exciting courses being held this fall are: An Introduction to Nonviolent/Compassionate Communication, As We Remember, Ancient Culture and Places, National Film Board and Canadian Society, Cultivating Creative Writing, Astronomy, and International Films. Fitness courses on this fall are: Yoga, Ageless Grace and Forever in Motion, which can be performed from a standing or sitting position to make it possible for all to participate.

Coffee and Conversation is a new free weekly program offered from September 22 to November 24. Each week features a different conversation topic that began with Janine Beahm from the UR Centre on Aging and Health, given on September 22 about the Canadian Association on Gerontology Conference held in Regina October 20-22. The September 29 conversation topic was “What is Truth & Reconciliation” with Brenda Dubois, one of the members of the Aboriginal Grandmothers Support Network. Future topics will be based on input from participants.

In addition to multi week courses LLC also has many one time presentations including the free monthly Wellness Wednesday presentations and the weekly Thursday Noon Forums. There are a series of evening presentations on Regina architecture, gardening, financial investment/planning and short wine appreciation courses including Holiday Wines & Appetizers which is being held in early December. You can also learn how to use iPads in short workshops for beginners and those at the intermediate level.

Those who are 50+ can join the Seniors University Group (SUG) to be eligible to pay lower course fees. SUG Bursaries can reduce the fee for members to take one course for $10. or $20. this fall. SUG members will receive invitations to special lectures and social events and they can also access the University of Regina libraries at no charge.

The Lifelong Learning Centre can provide speakers to talk to groups about issues of concern to age-friendly communities including how to recognise and prevent older adult abuse. They are looking for new presenters with free training provided.

For more information about the Lifelong Learning Centre and the Seniors University Group see their website www.uregina.ca/cce/lifelong or call 306-585-5766.
The town of Kipling is located along Highway 48 in southeastern Saskatchewan, equidistant from Regina, Yorkton and Estevan. Population is 1076. The two surrounding RMs support the activities of the town. Given this working relationship, Kipling and District Age Friendly Committee was formed in 2019 and achieved recognition in 2022.

**Community Action Plan** (developed on May 3, 2021)

- Add benches to the downtown area
- Increase availability of public washrooms in community
- Advocate for mobility-friendly public facilities
- Improve transportation and transportation-related services
- Increase communication of events and services within the community
- Increase volunteer recruitment of older adults, and celebrate success
- Assist with communication of Health and Community Supports.

**Accomplishments:**

- Washrooms open to the public are available throughout the community at seasonal facilities from May 1 to October 1 annually.
- Town of Kipling Leisure Services and Council are in the engineering stage of renovations to the entrance to Kipling Arena, which includes consideration for mobility-challenged individuals (project is funded by Rural Municipalities of Kingsley and Hazelwood in addition to the funding provided by the senior levels of government).
- Town of Kipling Council have provided parking spots reserved for the Kipling Handivan in central spots in downtown Kipling.
- Additional volunteer drivers (seniors) have been recruited for the Kipling Handivan in hopes of adding an additional day of service each week.

**Current Work:**

The Kipling & District Age-Friendly Committee, the Kipling Library Board and the Town of Kipling Council have partnered to plan a Main Street Patio – to provide an inclusive, pleasant, and restful space for all to gather, and to assist in the revitalization of the downtown area.
As part of its effort to develop a COMMUNITY SAFETY and WELL-BEING (CSWB) PLAN, the City of Regina hired consultants to conduct consultations in 2020 and Age-Friendly Regina participated. Their report provided a community safety assessment and identified 6 key priority areas of concern.

These concerns were: domestic violence, food insecurity, substance misuse, racism and discrimination, safety, service systems. The report also provided an implementation plan including recommendations and actions to address the priority areas.

The implementation plan recommended the establishment of a community action table for each of the priority areas. The City decided to hold summits on each of the areas. Summits had already taken place on food insecurity, substance misuse, and housing.

On April 29, 2022 the Racism and Discrimination Summit was held at the Atlas Hotel in Regina. AFR was invited and participated together with representatives from some 30 organizations/associations/agencies. The Mayor was present and actively involved, and the day that began with an attempt to define the current state of the Racism & Discrimination in the city and its impact on the community. This was done in small discussion groups with a city staff member assigned to lead the discussion and take notes. In the afternoon, participants were asked to identify specific objectives and key results.

The general take-aways were the following:

* The CSWB refers to “the ideal state of a sustainable community where everyone is safe, has a sense of belonging, opportunities to participate, and where individuals and families are able to meet their needs for education, health care, food, housing, income, and social and cultural expression.” Given that this aligns with what AF is promoting, we need to keep involved.

* People expressed being tired and fed up with simply talking about the issue of racism and discrimination – they want action.

**Update:** The Regina City Council adopted a plan recommending the creation of an arms-length corporation to coordinate and manage the various efforts of the CSWB plan—a corporation called Community & Social Impact Regina has been created. Its mandate is to create, facilitate and monitor coordinated community and social impact strategies to support the well-being, health, safety and social inclusion of residents in Regina and region.

This is good news and Age-Friendly Regina will be following the work of this newly created body very closely.
For some of us, the thought of snow is welcomed because it brings to mind the upcoming enjoyable times spent skiing, snowshoeing. For others, snow is just seen as a serious winter challenge (clearing driveways, cleaning sidewalks and entrances).

A few years ago, the City of Regina introduced the Snow Angels Program, a volunteer driven residence snow removal program that targets households where one or more members experience barriers to shoveling snow from their property and who would not otherwise be able to access snow removal services. The aim is to match volunteers with residents in need.

The City supports Community Associations/organizations who offer an approved snow removal service with financial assistance (up to a maximum of $15,000).

Here is the list of Community Associations approved for funding during the 2022/2023 winter season:

- Normanview Residents Group Inc.
- Cathedral Area Community Association Inc.
- Prairievie Community Association
- Coronation Park Community Association
- Rosemont/Mount Royal Community Association
- Heritage Community Association
- Al Ritchie Community Association Inc.
- Queen City Eastview Community Association Inc.
- Argyle North Community Association
- Regina Lakeview Community Association
- Dewdney East Community Association

If you live in an area of the City serviced by any one of these Community Associations and you need help dealing with snow this winter, do avail yourself of the services offered. If you know of someone who would qualify for help, refer them to the Community Association in their area. If you enjoy the outdoors, have the health and the time to volunteer your services, contact your Community Association. They are always looking for additional volunteers.

If you are faced with a snow or ice related issue this winter, share it with us (agefriendlyregina@gmail.com). We will be documenting them and at some point, bring them to the attention of the appropriate authorities at the City for resolution.
SSM is a non-profit Volunteer organization working toward quality of life for all older adults in Saskatchewan

Home Supports Initiative

People want to age in their own homes and communities for as long as possible. At Saskatchewan Seniors Mechanism (SSM) it is believed that if practical supports can be accessed as people age, they will be able to stay in their homes for years longer. Communities will continue to receive the gifts of paid workers, volunteers, mentors, taxpayers, entrepreneurs and active citizens who are aging in their town, village, city. SSM is providing leadership and advocacy to make Home Supports a reality. SSM and its member organizations are the provincial voice for older adults and will continue to work collaboratively with provincial and municipal governments.

Real Options include:
Practical supports such as assistance with:
- Housekeeping
- Pet care
- Yard care
- Minor home renovations
- Services to address particular medical and/or personal care needs: Consistent trusted home care workers

Expanded in-home services to cover diverse health needs such as:
- physiotherapy
- education on managing conditions
- wound care
- help with specific continuing health issues

Better Options for older adults to be healthier, happier and able to contribute to their community, even as they receive support through community services.

Lower Costs
Research and real life examples confirm that if older adults do not have to move to long term care facilities until they need 24 hour care, overall financial costs can be reduced by 60%. As well, long term care facilities would have the time and space to develop models that provide respectful, dignified homes for older frail adults.

We are asking you to join those who are committed to the Home Supports Initiative
We are compiling a list of persons who confirm they support the Initiative. We need to have your name, phone number and email address. We will not share your phone number or email with anyone but need it to confirm you are a real individual. More names will lend more power and continue to build momentum. SSM will communicate with members of the group via email, our website and Facebook.
Please join by sending an email including your name and phone number to HomeSupports@skseniorsmechanism.ca

SASKATCHEWAN SENIORS MECHANISM
**AFR Steering Committee**

- **André Nogue**, Community Citizen, Chair
- **Lori Bresciani**, City of Regina, Councillor, Ward 4
- **Chelsea Brown**, Saskatchewan Health Authority, Health Educator
- **Arlene Burwash**, Community Citizen
- **Gretta Lynn Ell**, Community Citizen
- **Danielle Josephson**, Community Citizen, Nurse
- **Sylvie O’Callaghan**, Community Citizen
- **Linda Pratt**, Age-Friendly Saskatchewan Liaison
- **Richard Marcotte**, Community Citizen
- **Alice Samkoe**, Community Citizen
- **Kathryn Smart**, University of Regina, Centre on Aging and Health
- **Andrew Stevens**, City of Regina, Councillor, Ward 3
- **Shayna Stock**, City of Regina, Parks, Recreation, and Cultural Services, Coordinator of Community Well-being and Inclusion
- **Robert Wuschenny**, Community Citizen

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**In Touch**

- This spring five Age-Friendly Regina Steering Committee members presented information on the Age-Friendly movement at the **University of Regina Lifelong Learning Centre**.

After many months of electronic meetings, it was indeed a pleasure to meet with people from the community in person.

- Over the summer, AFR was in touch with a representative from **YMCA** concerning the possibilities for cooperation in the context of a child care service being developed in Regina.

- AFR explored ways of promoting age-friendly concepts with the **Regina Public Library** and pleased to have AFR posters displayed at all their sites.

- In early October, a presentation by André Nogue was made to **ProBus REGINA** (Professional & Business Club) on the Age Friendly movement (how it evolved internationally, nationally, in Saskatchewan and in Regina - AFR), its progress, its accomplishments, its current plan of action and its upcoming recognition. Keen interest was expressed.

- Most recently, Alice Samkoe, gave a presentation to the **Forever...in Motion** group at the **Glen Cairn Community Centre**.

The Information given regarding the 8 domains (outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information and community support and health services) gave rise to lively discussion.

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**With the Community**
Stakeholders are associations, organizations, or individuals who agree with the vision of Regina becoming an Age-Friendly city and are willing to participate and contribute their efforts towards achieving this goal.

AFR Stakeholder Gatherings are focused on strengthening the relationship between the Steering Committee and the Stakeholders. To stay in contact with our Stakeholders, AFR shares information through emails, newsletters, and semi-annual Stakeholder Gatherings.

The upcoming Stakeholder Gathering will be our third – the first two were held in June 2021 and January 2022. Both Gatherings focused primarily on our goals. The November Gathering will be mainly focusing on a Stakeholder Engagement Strategy:

- hearing how Stakeholders feel they benefit from belonging to AF Regina.
- what AF Regina must do to better engage Stakeholders.
- how Stakeholders’ participation can benefit AF Regina.

Stakeholder involvement is essential to the success of AF Regina.

AFR sincerely wants to partner with those who have a solid knowledge of the community, as well as expertise that can enhance the Age-Friendly process. Together we can collectively achieve AFR’s vision of building an age-friendly community where people of all ages can live safely, enjoy good health, and remain involved in their community.

If you are a Stakeholder, we strongly invite you to register for the upcoming gathering. You will be receiving your invitation during the first week of November. If you are interested in becoming a Stakeholder, helping with committee work, or just need more information about AFR, you are cordially invited to contact us at: agefriendlyregina@gmail.com or visit to our web page: https://agefriendlysk.ca/af-regina-community-page/.

AFR SEEKING NEW LEADERSHIP

The Chair of the Steering Committee will become vacant as of January 1, 2023. It is becoming very urgent to identify an individual (or two individuals) who will stand as Chair/Co-chair of the AFR Steering Committee.

We have good coaches/mentors who can provide support, as needed. Please consider whether there is a candidate within your organization, or if you know someone from the community that you would like to propose. Thank you.

Send name and contact information to agefriendlyregina@gmail.com