Regina, Saskatchewan

AGE-FRIENDLY NEWSLETTER

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Age-Friendly Regina

Committed to building an age-friendly community where people of all ages can live safely, enjoy good health and remain involved in their community.

Stay Connected with Age-Friendly Regina:
Regina:
https://agefriendlysk.ca/af-regina-community-page/

Saskatchewan:
https://agefriendlysk.ca

Through the lens of older adults for the benefit of the whole community.

At a ceremony held November 22, 2022, the City of Regina, represented by Lori Bresciani, Councillor—Ward 4, together with André Nogue, Chair of the Age-Friendly Regina (AFR) Steering Committee accepted an award from the Age-Friendly Community Recognition Program. The award was presented by Honourable Everett Hindley, Saskatchewan Minister of Mental Health and Addictions, Seniors and Rural and Remote Health.

Saskatchewan Seniors Mechanism and Age-Friendly Saskatchewan representatives were present and involved in the recognition ceremony.

This Award recognizes that in the community of Regina, the preliminary steps have been taken since the AFR Committee was first formed; certain milestones have been reached; annual goals set and action plans developed; and commitments from the City are in place to ensure a successful journey leading to an Age-Friendly City.
Age-Friendly Regina acknowledges that we are on traditional lands of the Treaty 4 Territory, a Treaty signed with 35 First Nations and the original lands of the Cree, Saulteaux, Dakota, Nakota, Lakota, and on the homeland of the Métis Nation.

Members from the Age-Friendly communities of Regina, Moose Jaw and Kipling, together with representatives from Age-Friendly Saskatchewan and Saskatchewan Seniors Mechanism were introduced to the Members of the Provincial Assembly (MLA) at the Legislature.

Hon. Everett Hindley said that “The Government of Saskatchewan supports the Age-Friendly Communities initiative which promotes healthy accessible, inclusive communities where all individuals are valued and supported.” He asked all MLAs “to join in thanking the Saskatchewan Seniors Mechanism for working with these communities and to acknowledge the leaders from Moose Jaw, Kipling, and Regina for their efforts to become age friendly and inclusive.”

Age-Friendly Regina takes great pleasure in congratulating the community of Kipling and District through their representatives: Colby Sproat, Councillor from the Town of Kipling; Jamie Husband, Reeve of the RM of Hazelwood; And from Age-Friendly Kipling and District, Deborah Nordal and Susan Hengen.

Congratulations also goes out to the community of Moose Jaw through their representatives: Crystal Froese, Councillor from the City of Moose Jaw, and from Age-Friendly Moose Jaw, Christine Boyczuk, and Gillian Froehlich.

Seated left: Hon. Everett Hindley; André Nogue, Chair AFR; Linda Pratt, Liaison AF Sk/AFR; Robert Wuschenry, AFR Sec. (please note: AFR=Age-Friendly Regina)

Back: Kathryn Smart, UR; Randy Dove, President SSM; Hon Gene Makowsky; Chelsea Brown, SHA; Lindsay Bzdol, SHA; Sylvie O’Callaghan, AFR; Alynn Skalicky, CR; Lori Bresciani, Councillor Regina Doug Still, Chair AF Saskatchewan; Ritu Kalra, RIWC; and Richard Marcotte, AFR.
Age-Friendly Regina was born in 2018 out of Saskatchewan Senior’s Mechanism’s initiative that saw the initial Age-Friendly Regina (AFR) committee form. It was composed of older adults from the community and individuals representing member organizations, associations and service providers in our city. They espoused the vision and principles of the world-wide Age-Friendly movement.

The World Health Organization (WHO) developed the Global Age-Friendly Cities Project in 2006. This project brought together cities from around the world that were interested in supporting healthy aging by becoming more age-friendly. Thirty-three cities took part in this project, including four Canadian cities: Saanich (BC), Portage la Prairie (MB), Sherbrooke (QC), and Halifax (NS). These cities gathered information from seniors, senior-care providers as well as other groups and individuals with an interest in age-friendly communities.

From this the eight key domains of community life in which communities can become more age-friendly were identified. These domains are: 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.

In Canada the Public Health Agency of Canada established projects related to the implementation of Age-Friendly. The implementation then became the responsibility of each province or territory. In Saskatchewan the initiative has been spearheaded by Saskatchewan Seniors Mechanism (SSM) rather than the provincial government as in other provinces.

The AF Recognition Award is presented to communities who have embarked on the Age-Friendly journey and have completed the four basic steps based on the World Health Organization (WHO) framework. In the case of Age-Friendly Regina,

2018 - the Age-Friendly Regina Committee was formed

2019 - AFR conducted a community survey, results of which were documented in a final report

2021 - City of Regina endorsed the AF principles and committed to working in partnership with AFR to make Regina into an Age-Friendly community

2019-2022 – Annual goals set and action plans developed.

This Award publicly recognizes the work of the Age-Friendly Regina Committees, past and present, that have contributed to achieving the goals that will support Regina continuing to grow towards being an Age-Friendly City.
André Nogue, has done a really stellar job of serving as Chair of the Age-Friendly Regina Steering Committee. It is with deep regret that André must leave the position. AFR owes him a deep debt of gratitude.

The AFR Steering Committee Chair will become vacant as of January 1, 2023.

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.

Linda Pratt, our liaison between AF Sk and AF Regina is standing with Hon. Everett Hindley, Minister of Mental Health and Addictions, Seniors, and Rural and Remote Health.

Knowledgeable coach/mentor, Linda is the real backbone of Age-Friendly Regina.

Robert Wuschenny, Past President of Saskatchewan Seniors Mechanism and Past Chair of Age-Friendly Saskatchewan, currently serves as Secretary for Age-Friendly Regina, is standing with Hon. Gene Makowsky, Minister of Social Services.

In various capacities, Robert has made substantial contributions to the community and continues to do so.
Stakeholder Engagement says it all! The Agenda for the November 17th Stakeholder Gathering focused on learning how Stakeholders view Age-Friendly Regina; what benefits they feel they derive from being involved; what Age-Friendly Regina could do to better engage Stakeholders; and contributions that Stakeholders would like to make to the Age-Friendly movement.

Stakeholders are associations, organizations, or individuals who agree with the Age-Friendly vision and are willing to work towards achieving the goals. Stakeholder involvement is absolutely essential if Age-Friendly Regina is to be successful, and they provided excellent insights and suggestions.

Benefits that were identified by Stakeholders include:
- Belonging to a movement that is based on participation, inclusion, and diversity.
- Seeing Age-Friendly Regina as an opportunity to reduce the polarization that has gradually surfaced as the city has grown larger and bring people together to make changes based on shared values.
- Allowing seniors to engage with other like-minded persons – resulting in a stronger voice and a magnified presence.

Stakeholders had excellent advice regarding how to improve engagement:
- The recently launched Age-Friendly Regina Newsletter was commended as an effective platform for communicating broadly.
- Relationships could be strengthened by various member groups sharing their information with other member groups and promoting each other’s age-friendly activities.
- Information could be more thoroughly gathered from diverse groups by holding roundtable discussions about specific issues.
- Greater participation by the business community would enhance and expand the age-friendly movement. The business community could indicate their support by viewing their facilities and processes through an age-friendly lens and establishing criteria for receiving recognition as a “Age-Friendly Establishment.” Perhaps some members of PROBUS (an association of retired businessmen and professionals) would assist with this initiative.
- Developing relationships with Retirement Homes may lead to these facilities hosting Age-Friendly Regina Meetings, inviting their residents to attend, and encouraging them to become involved.

Stakeholders have skills and talents and are often looking for opportunities to contribute:
- Some indicated willingness to assist by responding to emails or by engaging in one-to-one conversations with persons who may have limited social contacts.
- Regina Public Library is an excellent community resource for things like book delivery programs, opportunities for volunteering (e.g: assisting new immigrants for whom English is their second language) and providing information on accessibility and universal design.
- The Lifelong Learning Center, University of Regina, has classroom space available
- Some are willing to reach out to organizations that might otherwise go unnoticed and connect them with Age-Friendly Regina.
- One stakeholder even offered to serve on the Steering Committee.

Participants declared the day to be a great success. The interest and enthusiasm of the participants predicts that age-friendliness could well become a hallmark of the future!
Let Us Know

Faced with ice/snow challenges?

Whether we like it not, winter is upon us along with the accompanying snow and ice. These conditions can be pleasant and invite us to a number of winter sports and outdoor activities. However, some can become outright dangerous and challenge our outdoor comings and goings.

If you should come across a situation which, in your estimation is or could become unsafe and dangerous, we would like you to document it (date, address, and possibly a photo) and share it with us at Age-Friendly Regina.

This could be an icy curb cut, an unsatisfactory access to a bus stop, an accumulated snow bank or ribbon in what should be a cleared area, etc. We will compile the reported situations and present them to the city for remedial action early in the New Year.

Let’s keep reminding ourselves and others that, in order to remain healthy, fit and active participants in the community, our surroundings need to be safe.

Please send your report to agefriendlyregina@gmail.com

Great Links

Age-Friendly Saskatchewan provides Age-Friendly information and resources for Saskatchewan communities, individuals, businesses and organizations.

[Age Friendly Saskatchewan: Home](#)

The Lifelong Learning Centre (LLC) draws on the rich educational resources of the University of Regina, and the community at large, to provide innovative learning opportunities.

[Lifelong Learning](#) course and event information available here:

[The Lifelong Learning Centre (College Ave Campus) in Regina, SK](#)

Seniors’ University Group information here:

[Lifelong Learning Centre: Seniors' University Group](#)

Regina Senior Citizens’ Centre helps to promote and sustain a healthy and independent lifestyle.

[Regina Senior Citizens’ Centre :: Home](#)

The Regina Public Library encourages social vitality and economic prosperity for the people of Regina.

[Regina Public Library](#)
Happy Holidays

Best Wishes to you and your family from all of us at Age-Friendly Regina

Joyous 2023!