



# Age-Friendly Saskatchewan

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WHAT'S HAPPENING IN AF COMMUNITIES HERE AND ELSEWHERE!



Upcoming  
AF Events



Updates to  
AF Sask Website



SSM  
Happenings



Your  
Questions

Be sure to scroll all the way down -- you won't want to miss anything!

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## Age-Friendly Saskatchewan Connector October 31, 2022

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I'm pleased to welcome you to the second issue of the **Age-Friendly Saskatchewan Connector**. Approximately every two weeks, I'll be sending out these newsletters to keep you informed of what we're doing in AF Saskatchewan, new things that are happening in the communities, and more.

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### AF Events



## We had a successful AF Saskatchewan Zoom Gathering on Friday, October 21

THREE Age-Friendly Saskatchewan Committees (Moose Jaw, Regina, and Rosetown) who work closely with a variety of stakeholders and partners presented highlights of their cooperative work in their communities. The presentations were followed by input from other AF communities. In addition, we learned of new Social Inclusion resources prepared by SSM and available in November, as well as the Facilitating Independence Grant program. A summary report will follow soon to all who attended and to others who are part of the Network.

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### Spring 2023 AF Saskatchewan Network Gathering

During the Gathering on October 21, a short discussion about whether to meet in person or continue by Zoom took place. There are various opinions on how best to meet. The AF Saskatchewan Committee will take the discussion into consideration for the Spring. If you did not have opportunity to express an opinion about meeting in person or continuing on Zoom, or have ideas for topics, please email Catherine.

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## Look What's Happening!



Yahoo! After months of planning, the Domain pages of the Age-Friendly Saskatchewan website are posted. [Click here to access the main Domains page](#), and then go to the individual pages for ideas of actions happening in the different domains in AF Saskatchewan communities.

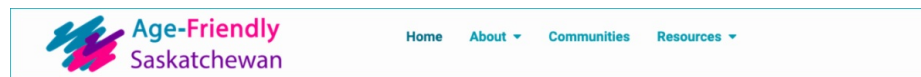
## Family Literacy Day in Saskatchewan

At the recent Zoom Gathering, **Christine Boyzchuk of AF Moose Jaw** told us that January 27 is Family Literacy Day in Saskatchewan by proclamation of the Minister of Education. Family Literacy means all members of a family whatever their age can read, learn and play together. The 2023 theme is *Celebrating your Heritage* with the subtheme of *Intergenerational Learning*. It is an opportunity for Age-Friendly Committees to participate in partnerships with childcares, early learning centres and school divisions in projects with seniors in their community. School divisions may be calling out to you!



[Click here for Family Literacy Day website](#)

## Updates to the AF SK Website -- check this out!



**Welcome to Age-Friendly Saskatchewan!**

## AF SK Domain Pages

Yahoo! We are saying it again! At long last the Age-Friendly DOMAIN pages have been posted on our website. [Click here to access the DOMAIN page on the website](#). Check to make sure that your

community is listed appropriately and that you have shared all that you want to about activities in each domain or focus area.



### Outdoor Spaces & Buildings

In an Age-Friendly community, the natural environment and the buildings in the community help people of all ages and abilities to get around easily and safely, and encourage active community participation.

When you click on the domain page, you will find a description of each domain (for example, Outdoor Spaces & Buildings). When you click on this domain, you'll see examples of what SK communities are doing in that domain. See the image to the left and the one below.

## PARKS

**Main Street Patio:** AF Kipling & District, 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. For more information, contact details for AF Kipling & District are on [their Community Page on this website](#).

## AF SK Community Pages

Many Age-Friendly communities in Saskatchewan now have info about their work on the AF SK website. [Click here to access the Communities Page](#) on the website.

If you have updates you'd like posted to the DOMAINS or your COMMUNITY page, email Catherine.

We will be approaching other communities who have not had opportunity to do so to share their info this Fall.

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## Queries



### Your queries

Are any Age-Friendly committees partnering with any other community groups to offer *Older Adults and Tech* this winter? What about *Older Adults and Fraud Awareness*, particularly online fraud? This request comes from Catherine. Please let me know!

Do you have queries about what other Committees are doing whether that be writing Terms of Reference, or Age-Friendly business work, or beginning a newsletter or ?

Please send your queries to Catherine for inclusion in the next newsletter.

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## What's Happening at the Saskatchewan Seniors Mechanism?




### Facilitating Independence Project

SSM is working with the Saskatchewan Ministry of Health on pilot projects to learn more about innovative, sustainable models of support for facilitating independence for older adults in their homes. To do this, approximately \$200,000 in total will be available for grants of up to \$20,000



each. [Click here for more information.](#)

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**CALLING THE SHOTS**  
WHAT YOU NEED TO KNOW  
THIS INFLUENZA SEASON

**NOVEMBER 2 AT 1:30PM**  
This is being held via Zoom

Join Pharmacy Manager, Researcher, Patient Advocate and Lecturer Paraag Trivedi to review the threat of influenza as we enter flu season and discuss the best ways to protect yourself and those around you

**OBJECTIVES**

Understand The Burden of Influenza	Review of influenza vaccine options including the High Dose option now available to those 65+
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Register Today by email: [influenza@skseniorsmechanism.ca](mailto:influenza@skseniorsmechanism.ca)

**Influenza Presentation via Zoom**

Join SSM for an online presentation about what we all need to know as we head into flu season.

Date: November 2, 2022  
Time: 1:30 p.m.  
via Zoom

Pre-registration is necessary so we can send you the Zoom link.

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## Home Supports Initiative

People want to age in their own homes and communities for as long as possible. SSM believes that if practical supports can be accessed as people age, those people will be able to stay in their homes for years longer. SSM is providing leadership and advocacy to make Home Supports a reality.

SSM invites you to join those who are committed to the Home Supports Initiative. [Click here](#) to access more information, including how you can show that commitment and stay informed going forward.



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Here's to our Age-Friendly work and action!

*Catherine*

Catherine Barnsley

This newsletter may have been forwarded to you by someone on your local AF Committee. If you would like to receive it directly, here's how you subscribe: please send your name and email address to Catherine, **indicating that you want to subscribe to the Age-Friendly Saskatchewan Newsletter**. For those receiving it with either Catherine Barnsley or Holly Schick as the sender's name, you are already subscribed.

**Age-Friendly Saskatchewan Website:** <https://agefriendlysk.ca/>  
**Age-Friendly Communities Page:** <https://agefriendlysk.ca/af-saskatchewan-communities-main-page/>

Saskatchewan Seniors Mechanism | #112 - 2001 Cornwall Street, Regina, S4P 3X9 Canada

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