# **OUR ACTIONS**

Distributing a bi-annual Business Directory Free garbage transfer for seniors Hosting Reading and Tech programs Hosting a Senior Wellness Day Partnered with local businesses and the Saskatchewan Health Authority Training programs

Communities benefit when people of all ages, abilities and cultures are: part of the decisionmaking process on matters that affect their life. Treated with dignity and respect, valued and able to access community programs, services and supports to meet their diverse needs. Open to new ideas, listen and learn from each other. Able to work together to achieve intergenerational, healthy, safe communities.

> PROMOTING HEALTHY AGING IN SHAUNAVON

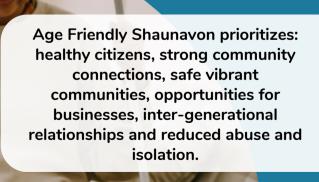


Phone 306-294-7653 Office 420 Centre St., Shaunavon

## AGE FRIENDLY COMMUNITIES

Explore features and elements focused around 8 major aspects of community life:

- Outdoor Spaces & Buildings
- Transportation
- Social Participation
- Housing
- Respect & Social Inclusion
- Civic Participation & Employment Opportunities
- Communication & Information
- Community Support & Health Services



### OUR SERVICES



#### **PROVIDE IN HOME SUPPORT**

Do you need help with yard care, tasks around the house, or getting to medical appointments? We have a list of people that can help make life a little bit easier.



#### VOLUNTEERS

Connecting people with others to utilize the skills and talents they have. If you have free time, come see what opportunities await.



#### SOCIAL OPPORTUNITIES

We offer a variety of different social opportunities - such as Reading Buddies or Tech Buddies. Need someone to visit with or play a game of cards with? We do that too!



#### **ADVOCACY & TRAINING**

For Information, Transportation, Housing and Health Services.

### Need something not on the list Give us a call today at: **306-294-7653**

helpforseniors@outlook.com