



Age-Friendly Saskatchewan

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!

Age-Friendly Saskatchewan Connector February 8, 2024

We're pleased to welcome you to the eleventh regular issue of the
Age-Friendly Saskatchewan Connector.

These newsletters keep you informed on what we're doing in
Age-Friendly Saskatchewan, new things that are happening
in the communities, and more.

Age-Friendly Events



Next Age-Friendly Coffee Hour (via Zoom)

It's time for our THIRD Coffee Hour! Open to any members of the Age-Friendly Saskatchewan Network.

When: Wednesday, February 28 from 10-11 a.m.

Topic: Rural Transportation Dilemmas and Successes

We know that many Age-Friendly Committees throughout Saskatchewan are working on Rural Transportation issues. How are isolated rural older adults getting to town for appointments and services? What if you need to travel to a large town or a city for medical appointments? Committees are discussing and acting on these dilemmas as part of the Age-Friendly Transportation Domain.

Imagine yourself dropping in to the local cafe to slide into a booth for a friendly chat over your favourite morning hot beverage. This informal coffee hour might be just what you need to share ideas.

Facilitated by Catherine Barnsley, AF Communities Staff.

Email Catherine to receive the Zoom link.

Let No One Be Alone

Click the image below to access the PDF.

[Click here](#) to easily reach the resources on the SSM website.



If you are already feeling lonely, Valentine's Day can seem like one of the worst days of the year.

Bruce Y. Lee has shared information from a survey that was conducted using a Loneliness Scale. The higher the score on the scale, the lonelier you feel, with an 80 being the maximum possible. Any score of 43 or higher would qualify as "loneliness." The results showed the following:

- 61% of the respondents crossed the 43-point loneliness threshold, up from 54% in a 2018 report. The average score increased from 44 to 45.7, as well.
- 58% say they always or sometimes feel like no one knows them well, compared to 54% in the 2018 report.
- 49% always or sometimes feel as though they lack companionship compared to 43%.
- 47% said that their relationships with others are not meaningful compared to 43%
- 45% said they sometimes or always feel that they are no longer close to anyone compared to 39%.

There needs to be much more open communication about loneliness, and frank conversations about what to do collectively about the loneliness epidemic.


SSM has developed several resources to help individuals and organizations deal with social isolation and loneliness. These resources can be found on the SSM website at: <https://skseniorsmechanism.ca/let-no-one-be-alone/>


On the website you will find pamphlets, posters, and other resources that give ideas as to:

- how to connect and reach out when someone is isolated.
- ways to connect while providing others an opportunity to contribute.
- ways organizations can support those who are alone; and,
- positive actions that community businesses can take to help customers feel less isolated.

Please use these resources and reach out to those in your community who may be struggling with loneliness and social isolation, particularly on Valentine's Day.

Access the 5 **LET NO ONE BE ALONE** resources:

 skseniorsmechanism.ca

 [saskseniorsmechanism](https://www.facebook.com/saskseniorsmechanism)



You can expect the next Age-Friendly Connector in March.

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

Catherine

Catherine Barnsley
Age-Friendly Communities Staff

Beth

Beth Stilborn
Website and Social Media Staff

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 from 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/>

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