



Age-Friendly Saskatchewan

WHAT'S HAPPENING IN AF COMMUNITIES HERE AND ELSEWHERE!



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

Age-Friendly Saskatchewan Connector December 16, 2024

We're pleased to welcome you to the 15th 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.

Holiday Greetings!

On behalf of the Age-Friendly Saskatchewan provincial committee, as well as Catherine Barnsley, Beth Stilborn and me, we extend the most heartfelt wishes to each of you for a joyful holiday season filled with the comforts & joys of family, food and festivities!

Our office will be closed from December 21 until January 6. We look forward to a New Year filled with possibilities and networking for our

Age-Friendly Events



Age-Friendly Communities Coffee Hour

Tuesday, January 14
10 am

Topic: Let No One Be Alone

Join fellow Age-Friendly Communities network members to discuss and brainstorm ideas for promoting and engaging with community members and older adults during the 2025 Let No One Be Alone week. See the previous years' campaign resources at the following link:

[Let No One Be Alone](#)

and [the Valentine's Day focus from 2024](#)

Meanwhile, remember that Christmas can be a particularly lonely time of year for people who can't be with family or friends, or who have lost a loved one. Due to the Canada Post strike, we also haven't been able to send traditional Christmas cards in 2024, so reach out for a Christmas greeting with a phone call or an e-mail, or an in-person visit. Perhaps you could find an extra chair to invite someone to Christmas dinner, pick up your neighbour for a Twinkle Tour, or organize some door-to-door caroling!
Spread the Christmas cheer, far and near!!

Remember to let Wendy know if you plan to be there so she can send you the Zoom link.

Age-Friendly Saskatchewan Committee

Meet the 2024/2025 Committee Members

This provincial committee, appointed by SSM (the Saskatchewan Seniors Mechanism), has volunteers from across Saskatchewan who assist communities on their journey to becoming more Age-Friendly. Last month we introduced you to Don Johnson, Brenda Curtis and Elaine Britton. This month we are pleased to introduce you to our other three members: **Joyce Hoffman, Éric Lefol and Linda Pratt.**

Joyce Hoffman

Joyce Hoffman is serving her first year on SSM and the Age Friendly Saskatchewan Committee. She is looking forward to learning more about both organizations as the year progresses.

Joyce retired from being a teacher or classroom educator in the Swift Current area after many years of teaching. After retirement Joyce lived and subbed in several urban and rural classrooms, in the Swift Current area before deciding to move to Regina, where she now resides.

Joyce is a member of the Superannuated Teachers of Saskatchewan (STS) and is on the Provincial Executive where she served as a liaison to SSM for many years as part of her duties. Presently she also serves as President of the Regina STS Chapter.

Éric Lefol

Éric had a first career as a Scientist, working for 16 years as a Plant Breeder, with the National Institute for Agronomy in France, and with the Crop Development Center at the University of Saskatchewan. As a resident of Saskatoon since 1993, he has been involved in several boards of directors of non-profit groups in Saskatoon and provincially. Éric has also been part of a couple of committees with the City of Saskatoon. In 2005, as a self-employed consultant, he started working with several non-profit groups to assist them with Strategic Planning, Communication Plans, and Feasibility Studies, especially with French speaking groups across Canada. Éric has been the General Manager of Vitalité 55+ since 2019. This group provides programs and services for French-speaking seniors across Saskatchewan and is a member of SSM. Éric has been the Liaison with the Age-Friendly Moose Jaw group since 2021.

Éric and his wife Laurette are the parents of five sons and grandparents of

seven grandchildren ranging from 2 to 10 years old.

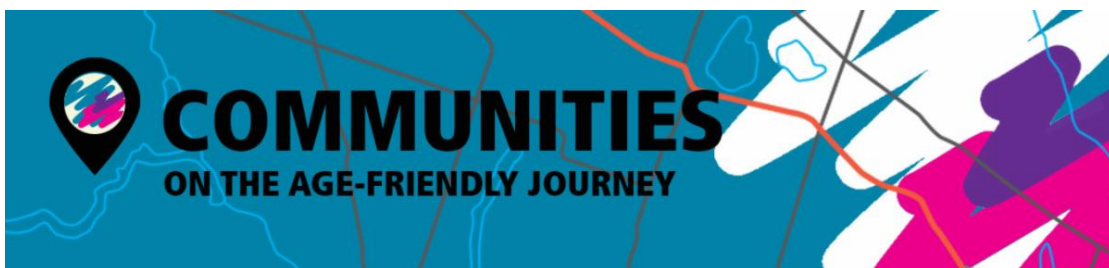
Linda Pratt

Linda was raised on a farm 8 miles north of Regina. After University she moved into Regina and has been there ever since. She has 3 adult children, all living in Regina, and 6 grandchildren slowly spreading into other provinces as they move into post-secondary studies.

Before retiring Linda worked as a project manager in Information Technology, a career that took her to many interesting destinations. While always being a volunteer, her retirement in 2015 has allowed more time for volunteer work: teaching ESL to newcomers, helping refugees adjust to life in Canada, then moving into Age-Friendly work. She is currently a member of the Age-Friendly Saskatchewan committee and serves as the liaison to Age-Friendly Regina and sits on the Age-Friendly Regina Steering Committee as well.

In 2023 she received the award for Community Leadership (Urban) at the SSM Celebrating Seniors event.

Look What's Happening!



Fundraising and Celebrating!

Age-Friendly Moosomin was in the Christmas spirit, hosting a Christmas Dinner for seniors in the community on December 8, with all proceeds going to the local daycare. They raised over \$4,000!! Committee members donned their new apparel with the catchy phrase, "No Best Before Date on Us", and people of all ages assisted in serving the meal.



Christmas Festivities in Shaunavon!

On Friday, December 13, *Age-Friendly Shaunavon* hosted a Seniors Christmas Coffee at the Evergreen Villa from 2-4 pm. Seniors gathered for a festive afternoon of coffee, treats, visiting and listening to Christmas music. The Shaunavon Public School Kid's Choir entertained, and Kevin, Gary and Rosemary played Christmas music, and everyone sang carols. The Town Council was invited to attend as well. A beautiful Christmas centrepiece was the door prize and the Christmas bouquets on each table were given to seniors to take home. A great time was had by all!



Seasonal Joy in Strasbourg!

Strasbourg Age-Friendly Recreation Board's monthly Toonie Lunches are a wrap for 2024! This month's community partner, FlexNetworks (pictured are Taylor and Bailey), helped serve over 90 meals and gave away product to some lucky winners at the event on December 10. There was also a special, jolly visitor in attendance!



Age-Friendly Australia

Age-Friendly Saskatchewan Communities spent recent months discussing their relationship with local governments in the lead-up to municipal elections. Securing the support of municipal governments is a key Community Milestone in the Age-Friendly process worldwide.



In Australia, Community Development officers that focus on enhancing the lives of older adults in their community are welcome to join the Local Government (LG) Professionals Age-friendly Network. The Network aims to increase awareness and understanding of age-friendly communities in Western Australia.

[Click here to learn more](#) about the LG Professionals Age-Friendly Network.

Intergenerational activities have been the focus for many Age-Friendly Committees in Saskatchewan. Here's a link to an article about an intergenerational program that is thriving in the City of Fremantle in Australia: [Sing, Swing and Mingle](#)

[Click here](#) for the link to Age-Friendly Australia.

Queries



Do you have questions about what other Committees are doing, whether that be writing Terms of Reference, or Age-Friendly business work, or working with stakeholders/partners, or beginning a newsletter or ? Please send your queries to Wendy for inclusion in the next newsletter.

Question of the Month:

We all feel lonely sometimes. What are some of the things you appreciate when you feel alone or lonely?

At our next Coffee Hour, Age-Friendly Communities will be asked to share ideas and brainstorm ways that Age-Friendly committees can alleviate social isolation for older adults in their community. "Let No One Be Alone" week will be highlighted again in 2025 (dates TBA), but it's important to consider the social isolation that some older adults experience year round.

You can take a look at [this brochure](#) from CCSMH for some thoughts about social isolation.

SSM also has other resources about social isolation [at this link](#).


What's Happening at the Saskatchewan Seniors Mechanism?



UBC Seeking Study Participants

The University of British Columbia is seeking participants for a study on the everyday activities and wellbeing of older adults (50+).

Take part in a study on everyday activities and wellbeing.




Participate in a Study on Everyday Activities and Wellbeing

Help UBC researchers better understand how people aged 50 years and above feel and think about their everyday activities and wellbeing.

The PARC Study (Perceptions of Aging in Canada; Principal Investigator: Dr. Christiane Hoppmann) seeks to gain knowledge about key resources that help maintain wellbeing in everyday life.

UBC ethics ID: H24-02653-A002
Email: parc@psych.ubc.ca
By liking or following this post, you may be publicly identified with the study.

Version 2: 11/18/2024



Help UBC researchers better understand how people feel and think about their everyday activities and relationships in everyday life contexts.

The PARC Study (Perceptions of Aging in Canada; Principal Investigator: Dr. Christiane Hoppmann; UBC ethics ID: H24-02653-A002) seeks to gain knowledge about the resources that help maintain wellbeing in everyday life.

Who can take part?

People aged 50 or older who live in Canada

What's involved?

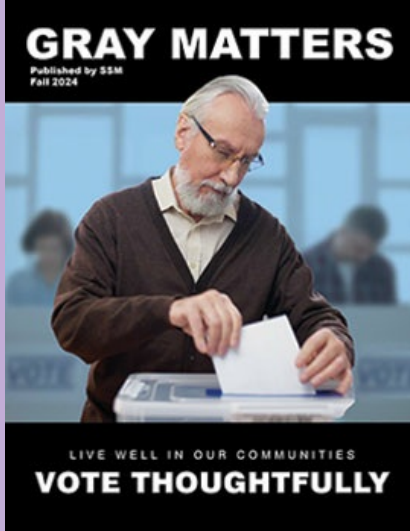
Complete two online background questionnaires and brief morning and evening surveys for a period of 2 weeks. (You can arrange with them to do this in the new year.)

What is in it for you?

Receive an Amazon/online gift card of up to \$50.

Learn more: Email parc@psych.ubc.ca or phone 604-822-3549.

If you are interested in participating, [please click here](#) to sign up to be screened for eligibility by phone.



Fall 2024:
Vote Thoughtfully

[Click here](#) to access this issue.

Winter 2025 Issue Coming Soon!

***Here's to our Age-Friendly work and action
now and in the new year!***

Wendy

Wendy Thienes
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 Beth, **indicating that you want to subscribe to the Age-Friendly Saskatchewan Newsletter**. Please let Beth know your connection to Age-Friendly for her records.

For those receiving it with either Wendy Thienes 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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