



Age-Friendly Regina

AGE-FRIENDLY NEWSLETTER



Photo features **Dawn Martin, Executive Director of the Regina Community Clinic**, signs the contract to become the anchoring agency for Social Prescribing in Regina.

EXCITING NEWS FOR REGINA:

SOCIAL PRESCRIBING IS COMING TO OUR CITY!

A new initiative is on its way to support and empower older adults 55 and over, and we couldn't be more excited to share the details with you.

Social Prescribing is all about connecting people to community resources, activities, and services that improve well-being and quality of life. This initiative is community-driven and owned. After months of collaboration and planning, things are moving forward in tangible ways.

Read more about this on Page 2.

INSIDE THIS ISSUE:

Social Prescribing • P2

Address to Council • P3

Presentations • P4

Dementia-Friendly
Communities • P5

Contact us • P7

WHAT'S HAPPENING IN REGINA?



SOCIAL PRESCRIBING

We hosted a “Discovery Meeting” on January 10, 2025 to learn more about Social Prescribing. Just under 50 people attended. From there, **two very important things happened:**

1. A Steering Committee was formed, bringing together people from various backgrounds and experiences. This diverse group has been hard at work planning the details and ensuring the success of Social Prescribing in Regina.

2. The Regina Community Clinic signed on as our Anchoring Entity. They'll receive and manage the funding for the project, making sure the money goes where it's needed. Without their help, this initiative simply wouldn't be possible.

Photo: Introducing the dedicated **Steering Committee** who are behind the scenes, helping to bring Social Prescribing to Regina for adults 55+!

We have representation from: Regina Community Clinic, Métis Nation – Saskatchewan Western Region III, Saskatchewan Health Authority, Age-Friendly Regina, and the community.

And of course, none of this would be possible without the support of Saskatchewan Seniors Mechanism (SSM)

Stay Updated on Social Prescribing

You can stay connected to what's going on in a number of ways:

- **Website** at agefriendlyregina.ca,
- **Facebook** page at facebook.com/AgeFriendlyRegina,
- or **Email** at agefriendlyregina@gmail.com

You can find more information about Social Prescribing on the Regina Community Clinic's website at reginacommunityclinic.ca, or check out the resources provided by Saskatchewan Seniors Mechanism at skseniorsmechanism.ca/social_prescribing

This is a big step forward in making Regina a more age-friendly city. With the power of collaboration and community spirit, Social Prescribing is going to bring people together and make a positive impact on many lives.

Make sure to follow along so you don't miss any exciting announcements!

REGINA'S FIRST COMMUNITY CONNECTOR FOR SOCIAL PRESCRIBING!

We are please to introduce you to the recently hired Community Connector!

Kim, seen in photo above, is currently being oriented to the position and putting some of the building blocks in place. When she is ready, Kim will be accepting referrals from 3 medical clinics in Regina.

She brings with her a wealth of experience and connections, and a ton of passion and dedication to the role.

Welcome, Kim!



ADDRESS TO REGINA CITY COUNCIL

In the context of the 2025 City budget deliberations, Age-Friendly Regina (AFR) appeared before the City Council on March 17, 2025, to express concerns about the fact that little or no special resources were allocated to support the implementation of the recently approved Accessibility Plan. The plan is great, but it could remain just a plan if its implementation is not adequately resourced.

This was our first encounter with the new City Council, and some of its members did show an interest in the age-friendly movement.

The Steering Committee plans on following up with steps that will respond to this interest and curiosity, thus reinforcing their commitment to the partnership with AFR in making Regina an even more age-friendly community.

PRESENTATIONS



Regina Open Door Society (RODS) Health Fair in November 2024. Richard (Steering Committee) and Tanzima (Volunteer) at RODS, showing a community member the website.



Lindsay chatting with community members from the Darul Falah Islamic Centre (DFIC) about the contents of the guides and answering questions.



Lindsay and Mir Nabila Ashraf (volunteer extraordinaire), who helps with our Facebook posts and connected us to the DFIC Centre.

Did you know...

The **Guides for Aging Well in Regina** are available on the website in up to **7** languages in addition to English (Arabic, Mandarin, Dari, Swahili, Somali, Vietnamese and Pashto) – not all guides are available in all languages) AND there is an option to open it in a version that allows you to read the same information in over 100 additional languages using Google Translate.

You can view the guides online here:
<https://agefriendlyregina.ca/guides/>

Thanks to Regina Open Door Society (RODS), we have multiple printed copies of the Mental Health and Wellbeing Guide in Arabic, Mandarin and Swahili.

Please contact us at agefriendlyregina@gmail.com if you would like some to share with you community!

"I had two representatives with Age-Friendly Regina come and speak with my group yesterday. RAVE reviews from all that attended."

- Peggy D., Beta Sigma Phi Regina

DEMENTIA-FRIENDLY COMMUNITIES

AlzheimerSociety

S A S K A T C H E W A N

In Saskatchewan, it is estimated that 20,000 people are currently living with dementia– that means between your morning coffee and lunch, someone else in Saskatchewan will develop dementia. The Alzheimer Society of Saskatchewan’s programs and services support individuals with dementia, their care partners, families, and friends by providing information, education, and referrals to other community services. Our role as a Society is to create and foster a community of support in the management of dementia in the lives of those living with the disease. Included in these efforts is our commitment to building more dementia-friendly communities.

Age-friendly and dementia-friendly communities share a common goal: to create inclusive environments that support the well-being and meaningful participation of all residents, particularly older adults and those living with dementia. These community efforts are important because **60% of people living with dementia are living at home, in their communities,** and want to continue participating in their community as long as possible.

A dementia friendly community promotes awareness, reduces stigma, and ensures that people with dementia can navigate daily life with dignity and independence. Dementia-friendly communities are places where people with dementia and their care partners are supported to live well by feeling included, welcomed, and understood in the activities they are participating in outside their homes.



DEMENTIA-FRIENDLY COMMUNITIES

Alzheimer Society

S A S K A T C H E W A N

Many people living with dementia and their care partners report barriers, such as stigma, to feeling included in their communities once symptoms arise or a diagnosis is given. Dementia-friendly communities are important in Saskatchewan to support people living with dementia, promote inclusion and understanding, and help reduce stigma and discrimination. The stigma and misunderstanding of dementia can cause people to withdraw from community interaction due to discomfort with social situations.

Withdrawing from a community can result in a diminished quality of life and loss of personal connections. By working together to create more dementia-friendly communities, we can help improve the lives of those affected by dementia and build a more compassionate and supportive society.

These communities foster understanding through public education and encourage collaboration among healthcare providers, local governments, businesses, and community groups.

By creating environments that prioritize safety, respect, and engagement, dementia-friendly communities enhance quality of life and enable individuals with dementia to remain active and connected for as long as possible.

Key elements include:

- dementia-friendly businesses
- trained staff across various sectors
- clear signage
- accessible transportation
- social opportunities tailored to cognitive needs



The Alzheimer Society has created resources for different sectors in the community, including toolkits, webinars, and free online courses.

For resources and more information on actions you can take in your community to be more dementia friendly, contact friends@alzheimer.sk.ca or visit www.Alzheimer.ca/dfc

UPCOMING EVENTS

Stakeholder involvement is essential to the success of AFR. Stakeholder Gatherings are held to strengthen the relationship between the Steering Committee and Stakeholders.

The Age-Friendly Regina (AFR) Steering Committee will be hosting this event in the coming months, so please watch out for further announcements on this event!

GET INVOLVED!

Age-Friendly Regina welcomes anyone who is interested in being a part of our Steering Committee of the work we are doing to improve the community for everyone. Contact us for more information!

GET INVOLVED BY BECOMING A STAKEHOLDER

Our Stakeholders are very important to us. Stakeholders can be individuals, organizations, groups, and businesses.

As a Stakeholder, you can:

- Learn about what it means to be age-friendly.
- Be involved in making positive changes.
- Receive our newsletter to find out what is happening
- Provide suggestions and feedback on Age-Friendly Regina's goals and initiatives.
- Attend Stakeholder gatherings.

CONTACT US!

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- Email us: agefriendlyregina@gmail.com

Regina: <https://agefriendlyregina.ca/>

Saskatchewan: <https://agefriendlysk.ca>