



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 April 28, 2025

We're pleased to welcome you to the 18th 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



April 27-May 3 is National Volunteer Week

Thank you to every Age-Friendly Community volunteer across the province! Your dedication, time and skills are an essential part of local Age-Friendly initiatives. Your community needs you and we SEE you; please know that you are APPRECIATED!

We would also like to express our appreciation for our provincial Age-Friendly Committee members: Linda Pratt, Brenda Curtis, Elaine Britton, Joyce Hoffman and Éric Lefol!



[Click here](#) for the National Volunteer Week 2025 Campaign Kit.

Age-Friendly Saskatchewan

Western Consultation

Age-Friendly Saskatchewan hosted colleagues from the four western provinces on April 9 & 10 in Regina for a Western Consultation on Age-Friendly. This gathering has become an annual event that brings together people who play a variety of roles within their provincial Age-Friendly frameworks.

Representatives from BC Healthy Communities, Government of Alberta, Town of Cochrane and Manitoba Association of Senior Communities joined our Age-Friendly and SSM staff and volunteers for a time of sharing around the theme of 'Fertile Ground for Age-Friendly'. A robust agenda included questions about planting, nurturing and growing Age-Friendly communities, along with sharing

successes and challenges.



SUMA

SSM participated as an exhibitor at the 2025 SUMA convention in Saskatoon from April 13-15. Wendy Thienes, Age-Friendly Communities Staff; Linda Anderson, SSM Communications/Ageism Staff and Shan Landry, SSM Board President, were in attendance to interact with delegates to share information on the various programs that SSM provides.



Webinar



Men's Sheds Canada is committed to combatting social isolation and building stronger, more connected communities. On April 30 they will present a webinar exploring practical solutions and sharing inspiring stories that highlight the power of human connection.

[Click here to register.](#)

Special Webinar Presentation

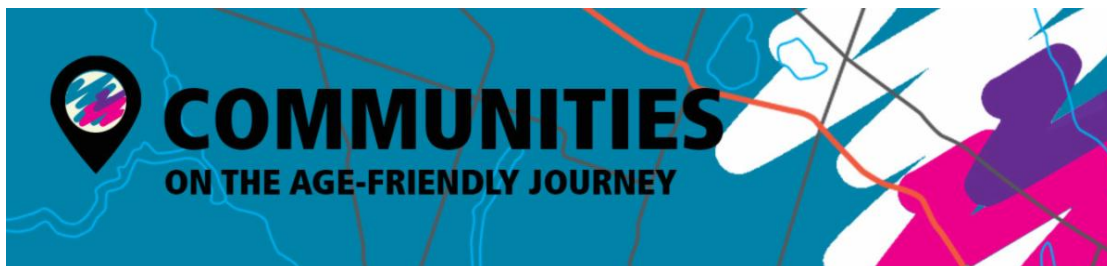
From Social Isolation to Social Connection: Research, Remedies, and Results

Join GenWell founder Pete Bombaci, Edmonton-based community builder and Shedder Michel Hoyt, and moderator Brian Sawyer of Men's Sheds Canada, to explore the growing issues of social isolation and loneliness facing older adults, the latest research on causes and effects, and community-based solutions that foster social connections and improve well-being.



Wednesday April 30
2 pm AT, 1 pm ET, Noon CT, 11 am MT, 10 am PT

Look What's Happening!



We want to highlight the work of our colleagues who attended the Western Consultation earlier in April. Please visit these websites to learn more about Age-Friendly initiatives in Western Canada!

British Columbia

Alberta

Cochrane, Alberta recently published their Age-Friendly Cochrane Action Plan. You can find a link to the Action Plan and learn all about Cochrane's Age-Friendly initiatives here:

Age-Friendly Cochrane

Manitoba

Specifically, we want to point out an amazing video they have created about Respectful Interaction with Older Adults.

Respectful Interaction

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.

What's Happening at the Saskatchewan Seniors Mechanism?



*Older
Adults
Moving
Forward*



SSM Annual Virtual Conference

May 21 and 22, 2025

Strength in Community:
We Have What It Takes

This Conference will seek to inspire, support and confirm the unrecognized strengths found in Saskatchewan communities both large and small. Information and stories of community realities can provide templates for other communities to move forward in the future.

Participants will hear about community success from another province's 12 years of progress in supporting older adults in a variety of rural and urban communities. Vignettes and stories from within Saskatchewan communities will describe their step-by-step approach and emphasize how different initiatives all confirm a variety of successes in supporting and maintaining their older adult population.

Each story may describe any one or more of these successes: changes in attitudes, intentional inclusion, collaboration and growing synergy, improved physical infrastructure and most importantly, more well-being and happiness within the community.

Conference will be held via Zoom. Be sure to send your email address with your registration, so we can send you the Zoom link.

Registration is \$20 per person .

Registration payment methods are found on the
SSM Conference 2025 page
on the SSM website.



Older
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Forward



Strength in Community: We Have What It Takes!

ANNUAL VIRTUAL CONFERENCE • MAY 21 & 22, 2025 • VIA ZOOM



Bobbi Symes

Saskatchewan Communities are resilient and creative! This Conference will inspire, confirm and support the often unrecognized strengths in communities, both large and small.

Speakers and presentations:

- Bobbi Symes - Director Healthy Aging at United Way, BC, will talk about how they grew their "Better at Home" initiative from small pilots to ever-expanding community successes
- Lorne Calvert – illustrating the strengths of a variety of lively groups in Moose Jaw whose actions help the entire community.
- The Magic of Age-Friendly Communities – interactive conversation with community and provincial leaders of the Age-Friendly movement in Saskatchewan
- Several short presentations illustrating how people are using their creativity and strength in their communities (e.g. social prescribing, transportation solutions, social inclusion, etc.)



Lorne Calvert

Pre-registration is required – fee \$20. Visit the SSM website for registration information: www.skseniorsmechanism.ca



Click poster image for PDF version.

Celebrating Seniors Awards Nominate an older adult!

The Saskatchewan Seniors Mechanism (SSM) is preparing for the Provincial 2025 Celebrating Seniors Awards Event and Banquet, which will take place on September 28, 2025, at the Conexus Art Centre in Regina. This is an important, in-person, and high-profile event where older adults are celebrated for their



volunteer work. Older adults from throughout the province are nominated. While all who are nominated are celebrated at the event, one person in each specific category is presented with an award.

Please give some thought to nominating a deserving older adult who has contributed their time and energy, through their volunteer efforts, to make their community and our province a better place to live, work and play.

Nominations close Friday, June 13.

Nomination Form is on the website

Click here for the link to the Celebrating Seniors 2025 page.



Click poster image for full-size PDF.



Latest Issue of Gray Matters

Spring 2025:
*Strength in Community:
Discover it! Spotlight it! Use it!*

Click here to access this issue.

The next issue will be available in early July at the same link.

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

Wendy

Wendy Thienes
Age-Friendly Communities Staff

Beth

Beth Stilborn

This newsletter may have been forwarded to you by someone on your local Age-Friendly 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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