



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 June 16, 2025

We're pleased to welcome you to the 19th 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.



Summer TIME

How do 365 days pass by so quickly? And, why does life go by so fast? As we approach the summer solstice and the longest day of the year, I hope that you take TIME:

TIME to reflect on all the good things from the past year.

TIME for self-care.

Beach TIME. Coffee TIME. Family TIME.

TIME for rest & relaxation.

TIME to read that book that's been sitting on your nightstand, patiently waiting for you.

TIME to write—a letter to a faraway friend, a special child in your life, or try your hand at poetry for a special contest (details at the bottom of this newsletter!)

It's all about TIME, don't you think??

~ Wendy

Age-Friendly Events



Age-Friendly Coffee Hour

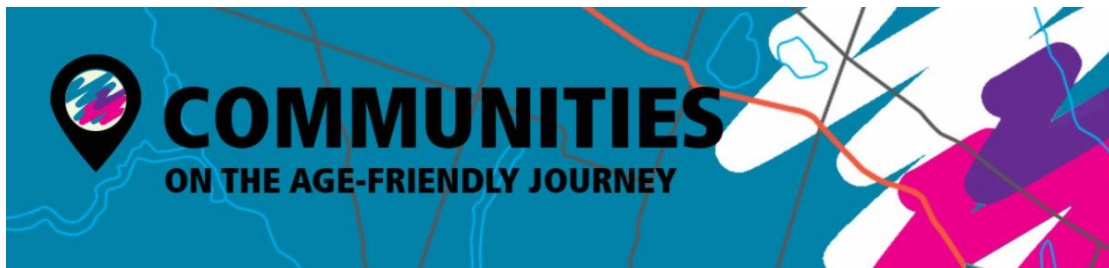
Summer is just around the corner! June is a special time of year full of anticipation and celebration. June is the perfect time to celebrate Age-Friendly Community accomplishments, too! You are invited to a special Coffee Hour where we will share & celebrate our successes from the past year.

Age-Friendly Coffee Hour

Wednesday, June 25
10:00 a.m. to 11:00 a.m. via Zoom
[Zoom Link](#)



Look What's Happening!



Age-Friendly Provincial Recognition



Age-Friendly Moosomin



Age-Friendly Shaunavon

Two Age-Friendly Communities received Provincial Recognition from the Government of Saskatchewan in 2024. Special ceremonies were held in Moosomin and Shaunavon this Spring to celebrate the achievement with local community members and visiting dignitaries. Recognition is provided by the Government of Saskatchewan through a recommendation by SSM (Saskatchewan Seniors Mechanism).

Provincial Recognition may be achieved when a community has demonstrated commitment to the Age-Friendly milestones, including forming a local committee, securing the support of municipal government, assessing the needs of the community, and developing action plans to address the identified needs. Nine Saskatchewan communities have achieved Provincial Recognition to date, and many more communities are actively engaged in this work.

Several dignitaries were on hand for both events including the Honourable Lori Carr, Minister of Mental Health and Addictions, Seniors and Rural and Remote Health, and the local MLA for each constituency. Linda Pratt, Chair of SSM's provincial Age-Friendly Saskatchewan Committee, addressed the crowd at both events and Minister Carr brought greetings and a congratulatory message from the Government of Saskatchewan on behalf of Premier Scott Moe. Carr recognized the efforts of the local committees and the support that SSM offers Age-Friendly Communities in their work to provide programs and services for older adults and to ensure inclusion of all people in the community.

Moosomin:



Mayor Murray Gray, The Hon. Lori Carr, Casey McCormac, Economic Development Officer



MLA for Moosomin-Montmartre, Kevin Weedmark, Savanna Smuk, Ministerial Assistant, Devona Putland, Chair of Age-Friendly Moosomin, The Hon. Lori Carr



Devona Putland, Wendy Thienes, Linda Pratt

Shaunavon:



MLA for Cypress Hills, Doug Steele, Terri Hetterly, Committee Member/Interim Senior Resource Coordinator, The Hon. Lori Carr



Debbie Olesen, Chair of Age-Friendly Shaunavon, The Hon Lori Carr



Linda Pratt, Mayor Cal Vance, Debbie Olesen, The Hon. Lori Carr



Age-Friendly Libraries

When we talk about Age-Friendly Communities, perhaps we shouldn't limit our discussions to geographic locales. An Age-Friendly Community that is becoming increasingly engaged in Age-Friendly work around the globe is the library sector. Age-Friendly Saskatchewan had the opportunity to network with attendees at the Saskatchewan Libraries Conference in Saskatoon on May 8.

In addition to an exhibit booth, Wendy Thienes presented a session entitled: Public Libraries: Valuable Partners in Growing Age-Friendly Communities in Saskatchewan. Attendees were asked to share one age-friendly practice their library was using and one new way they could be age-friendly. Age-Friendly library assessments were also discussed. Wapiti Regional Library recently received a New Horizons for Seniors grant that will allow them to expand their age-friendliness through programs and services.

Age-Friendly library assessment resources are available and the general community assessment might also be adapted for library use. Keep in mind that any age-friendly assessment requires the involvement of older adults and must be done WITH or BY older adults, not FOR older adults.

Age-Friendly Ireland has developed an Age-Friendly Recognition Programme specifically for Libraries. [Learn more at this link.](#)

Age-Friendly Saskatchewan Website



[Home](#) [About](#) [Communities](#) [Domains](#) [Resources](#)

[Age-Friendly Saskatchewan Newsletter](#)

Welcome to Age-Friendly Saskatchewan!



Please click to access PDF of brochure

The purpose of this website is to provide Age-Friendly information and resources for Saskatchewan communities, individuals, businesses and organizations. Age-Friendly Communities is a global movement with a goal of making communities safer, smarter, healthier, happier, more inclusive places for all people to live and thrive.

An Age-Friendly Community Recognition Program has been introduced in Saskatchewan to recognize communities that undertake activities or create programming to be more inclusive of older adults, leading to communities that are more inclusive of all people.

Age-Friendly Saskatchewan Website Updates

Communities who are part of the Age-Friendly journey in Saskatchewan each have a Community Page under the Communities tab on the Age-Friendly Saskatchewan website. Updates are made twice per year by Beth Stilborn based on information provided by committees. New information was recently added, and everyone is encouraged to visit the various Community Pages to learn more about the amazing actions being taken to create Age-Friendly Communities across the province. [Follow this link.](#)

You can also search for ideas by Domain [at this link.](#)

Our Age-Friendly Communities freely share information on their actions and initiatives; there are great ideas to glean from others on the Age-Friendly journey!

If you are interested in learning more about a particular community or domain, please contact the Age-Friendly Communities Staff at agefriendly@skseniorsmechanism.ca

What's Happening at the Saskatchewan Seniors Mechanism?



*Older
Adults
Moving
Forward*



SSM Annual Virtual Conference

If you weren't able to attend the SSM Conference in May, not to worry. Videos of many of the presentations are now available on the SSM website. [Follow this link.](#)

Century Club of Saskatchewan

The Century Club, under the aegis of SSM, is an association of people who are 90 years of age or older, and who are still interested in living vibrant, active lives to the best of their ability.

Not only are there groups in Regina, Saskatoon, and Moose Jaw who get together for events throughout the year, but there are a number of members in rural areas and small towns.

We are trying something new this year to involve more of the rural and small town folk in a more active manner. Along with the regular Century Club newsletter, a special newsletter is sent to the non-city people suggesting they get together with friends who are also 90 or over, to have their own mini-Century Club gathering. This gathering can happen over coffee some day, in an assisted living community, or even by phone. In the newsletter, we provide a



Click the image above to go to the Century Club page on the SSM website



theme suggestion, and some conversation starters.

We hope you'll encourage your friends who are 90 and over to consider joining the Century Club. It is FREE.

If you have any questions, call the SSM Office at 306-359-9956.

Click the image above for the Century Club brochure in PDF form OR call the SSM office to have printed copies sent to you.



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. Its theme ties in well with our talk about taking TIME this summer:
*Take a Break –
Build Strength for the Future*

Growing Older, Living Deeply (GOLD) Poetry Project

Writing is likely something that both Beth and Wendy will take TIME to do this summer. Why don't you consider writing a poem, even if it's your first TIME? The Age Collective (TAC) is running a Poetry Project for older adults age 55+ and they invite your submission around the theme of Self & Identity. Deadline to submit is July 10th!

[Follow this link](#) to a PDF flyer to learn more about the poetry project.

It is our sincere hope that you will take TIME to live deeply during the summer days ahead!

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

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 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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