



Age-Friendly Saskatchewan

THE CONNECTOR



Upcoming
Events



Community
Updates



SSM
Happenings



Your
Resources

Age-Friendly Saskatchewan Connector September 8, 2025

Issue No. 20

**** For questions about anything in this newsletter,
please email Wendy. Thanks! ****



"September is the other January." – Gretchen Rubin

January's Auld Lang Syne and new year resolutions can't hold a candle to the flurry of activity that dominates the thirty days of September. This month really does feel like the start of a new year. Meetings, schedules, activities and to-do lists all kick into high gear as we take the briefest of moments to glance back with fond memories at the ever-fleeting summer months.

In the Summer issue of Gray Matters, SSM highlighted the theme, "Take a Break and Build Strength for the Future!" We hope that you were able to do exactly that this summer, and that you are well-rested and feeling strong. It's time to take out your fresh day planners, notebooks, pens, ideas and enthusiasm as we continue our Age-Friendly journey together! I promise there will be no exams or pop quizzes, but together we will learn how Age-Friendly is 'Creating Vibrant Communities for All'!

– Wendy

Age-Friendly News



Welcome to our newest Age-Friendly Community!

Age-Friendly Star City!

Both the Town of Star City and the Rural Municipality of Star City have passed resolutions supporting the community on its Age-Friendly journey.



Thrive at Home

Age-Friendly Saskatchewan staff, along with several of our Age-Friendly communities, are represented in Health Quality Council's Thrive at Home Initiative. Three 'hubs' have been working toward action items in the following areas: Transportation, Navigation (the ways in which people find and access community and health services that can help them age in place) and Home Supports.

We are pleased to welcome HQC representatives to our upcoming Coffee Hours to learn even more about what Age-Friendly communities are doing in relation to **Transportation** (September 24) and **Community Resource Directories** (October 22).

To learn more about this initiative, please visit [this link](#).

You can join the initiative at [this link](#).



Upcoming Events



Age-Friendly Saskatchewan
Coffee Hour



We are excited to announce our
Coffee Hour dates for Fall 2025!

All Age-Friendly Communities are invited to send one or more representatives to share and to learn from others. Potential Age-Friendly communities, partners and special guests may join us, too. We will e-mail reminders the week before these events.

Please RSVP to Wendy to let us know if someone from your committee plans to attend! We strongly encourage at least one committee member to attend; you could send someone different each time! Mark these dates in your calendars TODAY!

NEW

We are adding 30 minutes to our fall sessions to allow 1.5 hours of discussion on these important topics:

Wednesday, September 24

Topic: Transportation

10:00 a.m. to 11:30 a.m. via Zoom

At our September 24 Coffee Hour, we will welcome Dr. Jacob Alhassan, Assistant Professor Community Health and Epidemiology from the University of Saskatchewan, who is researching health outcomes tied to availability of public transportation.

Please [visit this link](#) for more information on Dr. Alhassan and his work.

Dr. Alhassan will provide an update on his research, and he will be eager to hear about the various transportation projects underway by Age-Friendly communities across the province. Jenn Wright, Senior Improvement Lead with the Health Quality Council, facilitates the Thrive at Home Initiative where Transportation has also been a focus, and she will also be joining us.

Wednesday, October 22
Topic: Community Resource Directories
10:00 a.m. to 11:30 a.m. via Zoom

Wednesday, November 26
Topic: Action Planning
10:00 a.m. to 11:30 a.m. via Zoom

Healthcare Excellence Canada (HEC) Webinars

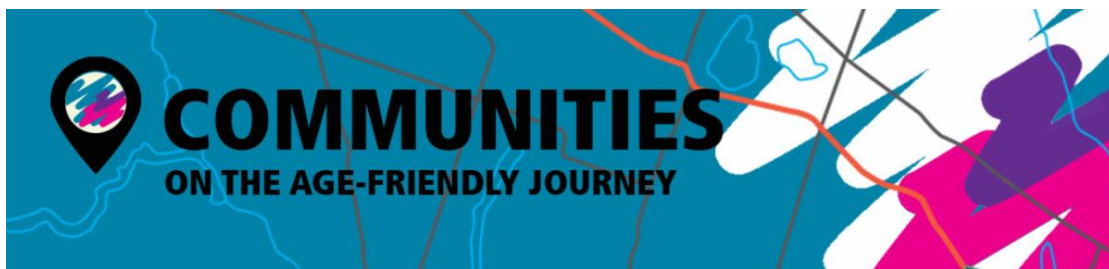
HEC hosted the webinar **Changing the Narrative on Aging**, on July 30, 2025. [Link to the recording](#). Download the [webinar slides](#) and access [From Shortfall to Crisis: Growing Demand for Long-Term Care Beds in B.C.](#), referenced in the presentation.



Their next webinar in the series is Collaborative Community Support – Measuring Value through Social Return on Investment (SROI), on Thursday, September 25, 2025, from 12:00-1:00pm ET.

Building collaborative community-led supports involves partnerships that span health, social and community sectors. Communicating the value for each partner is key to ongoing involvement and sustainability. This webinar will provide an overview of the Social Return on Investment (SROI) methodology which provides a measure of the value for each of these sectors. Using the Connecting People & Community for Living Well initiative as an example, presenters will demonstrate how SROI can deepen our understanding of the impact of collaborative, community-led initiatives.

[Register for the series](#)



Age-Friendly Communities Survey

Each Age-Friendly Saskatchewan local committee has received a survey from the provincial Age-Friendly Saskatchewan committee.

There are approximately 40 questions; most of the answers should be quite easy to complete. Please fill in the survey as a committee at your earliest convenience, but no later than October 15. Our goal is to learn more about how we can provide appropriate support and resources as you continue your Age-Friendly journey! Reach out to Wendy if you have not received the survey link, or if you have any questions about it.

We really appreciate the time you invest in your local actions and in helping the provincial Age-Friendly staff and committee to better understand YOUR needs!

Saskatoon Council on Aging has launched SCOA Radio!

Listen to SCOA Radio, The Voice of the Older Adult on CFCR Radio 90.5 FM in Saskatoon and [online](#).



[Archived broadcasts](#)

The Voice of the Older Adult is an eclectic mix of programming to keep older adults 55+ active, engaged and informed.

Your hosts: Mavis McPhee, Dianne Young, Michael McAteer, Bill Brooks

Researcher: Peter Dickinson

Join us *Thursdays at 6:30 pm* for lively and informative discussions about hobbies, events, news, pets, fashion, technology and much more!

Stay tuned!



Age-Friendly Moose Jaw Launches Transportation Project

Age-Friendly Moose Jaw has begun a six-month pilot project to address transportation needs for older adults in the city. Read about it [here](#).

Age-Friendly Saskatchewan Website

Updates

Usually at this time of year, Beth sends out a call for updates from communities. That **won't** be happening this fall, as staff are working on changes and enhancements to the website.

What's Happening at SSM?



Click poster for PDF

Celebrating Seniors 2025

The annual Celebrating Seniors gala event to honour older adult volunteers in Saskatchewan is coming up on Sunday, September 28!

Guest speaker will be Bill Waiser, Canadian historian. Entertainment will be by Focal Point, three women who sing and play a variety of instruments.

The event will be held at the Conexus Arts Centre, Regina, beginning at 5:30 p.m. on Sunday, September 28. Come and join us, and celebrate these volunteers who have given so much to their communities!

Tickets are available now, and cost \$75.00 per person, or \$560.00 for a table of 8.

Information about the event, and about how to purchase tickets, can be found [on this page](#) on the SSM website.

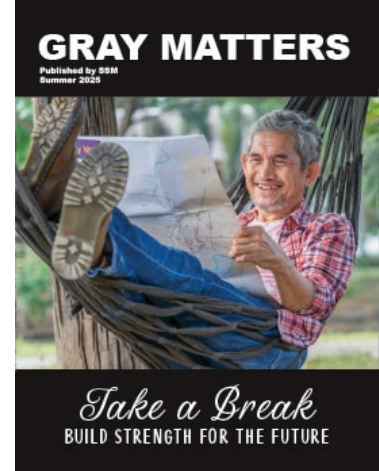
Latest Issue of Gray Matters

Summer 2025:
*Take a Break –
Build Strength for the Future*

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

The next issue will be available in early

October at the same link. Its focus will be
Age-Friendly Communities



Resources



Each issue we will provide links to various Age-Friendly resources that may be of interest to our local committees. Perusing other provincial, national or international Age-Friendly resources can provide fresh ideas for committees or provide reinforcement of the great Age-Friendly work that happens across our province! This month we start closer to home with resources from our Western neighbours:

[Government of British Columbia Age-Friendly page](#)

[Government of Alberta Age-Friendly page](#)

[Age-Friendly Manitoba website](#)

Reminder!
Upcoming Grant Deadlines

New Horizons for Seniors: September 17



CALL FOR POEMS

THE GROWING OLDER
LIVING DEEPLY
POETRY PROJECT

WHO CAN SUBMIT: <ul style="list-style-type: none">• 55 years or older• Live in Canada• Submit your own, original work that has not been published elsewhere• No previous writing experience needed!	THEME: Place & Belonging <ul style="list-style-type: none">• The comfort or challenge of aging at home or other places• Feeling connected or isolated• How housing, neighborhoods, or public spaces shape aging experiences• What it's like to age in a new country or culture
GUIDELINES: <ul style="list-style-type: none">• Any style of poetry (except centos)• Max 20 lines (including stanza breaks), up to 10 words per line• One poem per person• Poem must connect to the theme of Place & Belonging	DEADLINE: October 1st, 2025, 11:59 PM ET. To submit: Scan the QR Code below and complete the form OR email us your poem. Selected poems will be published in an anthology and featured on our website and social media.

NEED MORE INFO/HAVE QUESTIONS?
Email us at info@theagecollective.com.
Need help submitting? A family member or staff can send a poem on your behalf.

SCAN ME!

Click the image for the PDF

Call for Poems on Place and Belonging

In the June Connector, we shared an opportunity to write a poem for a Poetry Project. The Growing Older, Living Deeply Poetry Project is again calling for poems, due October 1.

This time, the theme is

Place & Belonging

- The comfort or challenge of aging at home or other places
- Feeling connected or isolated
- How housing, neighbourhoods, or public spaces shape aging experiences
- What it's like to age in a new country or culture

Are *you* interested in writing a poem? Full information is available on the poster to the left.

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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