



Age-Friendly Saskatchewan

THE CONNECTOR



Upcoming
Events



Community
Updates



SSM
Happenings



Your
Resources

Age-Friendly Saskatchewan Connector December 18, 2025

Issue No. 22

**** To contact us about anything in this newsletter, please email
Wendy. Thanks! ****

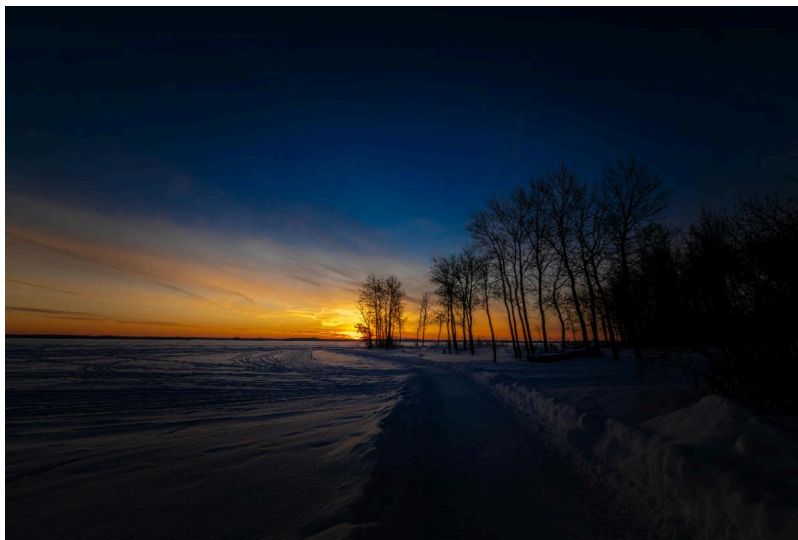


Image by Dre Erwin, Regina, via Pexels.com

Christmas is one week away! I always wonder how we arrive at the end of the year SO quickly. It's been a year of challenges and growth for our Age-Friendly Communities. We have welcomed new committees to our network and are looking forward to continued interest from new communities in 2026! As always, I am grateful for the dedication, compassion and creativity of our volunteers who make Age-Friendly magic happen!

May the magic of the Christmas season find you enjoying family and friends, food and festivities.

Warmest holiday wishes from Beth and Wendy



Photo by Alena Darmel, Belarus, via Pexels.com

A Few of Our Favourite Things

Sherry Burgess from Strasbourg Age-Friendly Recreation Board shared her favourite Christmas tradition of listening to "The Shepherd". One of Wendy's favourites is watching NFB's "The Pony," filmed in Saskatchewan in 1955. Beth Stilborn enjoys re-reading *The Best Christmas Pageant Ever* by Barbara Robinson.

I'd love to hear about your favourite traditions!

E-mail

agefriendly@skseniorsmechanism.ca
to share yours with us!

Here are a few links of our favourites for you to enjoy:

[The Shepherd](#)

[The Pony](#)

[An entire NFB Christmas/Winter playlist](#)

Age-Friendly News

NEW

Age-Friendly Saskatchewan is Now on Facebook!

Please follow our new page on Facebook! We look forward to sharing posts from our Age-Friendly Communities along with other relevant content from SSM, Age-Friendly Saskatchewan, and other colleagues from across the country!



<https://www.facebook.com/agefriendlysaskatchewan>



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Upcoming Events



Age-Friendly Saskatchewan Coffee Hour

Wednesday, January 28

Topic: Telling our Stories

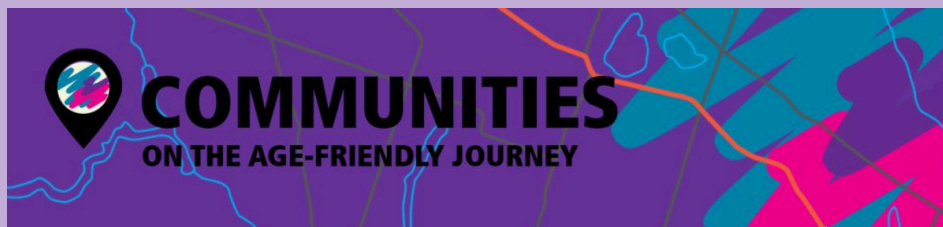
10:00 a.m. to 11:30 a.m. via Zoom

We are now using an online registration feature for our Zoom Coffee Hour meetings. If you would like to register for our January 28 Coffee Hour, please click this registration link:

[Register Here](#)

You will receive a confirmation e-mail with the meeting link. You should then be able to automatically add this meeting to your online calendar of choice. All registrants will also receive an e-mail reminder from me the day before.

Join us as we discuss ways to share the success of local Age-Friendly committee work as we build awareness, understanding and relationships with community members, partners and stakeholders.



AGE-FRIENDLY SUCCESS STORIES

Age-Friendly Recreation Board Strasbourg is a past recipient of the Facilitating Independence Grant. They recently shared their success story with SSM and [it can be read here](#).

We encourage our Age-Friendly Committees to read this story and to think of ways that they can begin telling their own success stories, whether related to FIG funding or not. This will be the focus of our January Coffee Hour: how to tell a compelling story about the value of Age-Friendly work.

Do you have photos of events and people? Can you get a few quotes or testimonials from people who have been positively impacted by your work? Is there a seasoned writer in the community who might help your committee pull all of this together?

What's Happening at SSM?



Facilitating Independence Grant (FIG) Call for Applications

The Saskatchewan Seniors Mechanism (SSM), in partnership with the Government of Saskatchewan's Ministry of Health, will once again be providing one-time grant funding to senior-serving organizations and communities in Saskatchewan. This funding supports projects that enable older adults to remain independent and continue living safely and comfortably in their own homes and communities.



This initiative recognizes that aging well at home requires more than basic services—it relies on strong, connected communities. Projects supported through Facilitating Independence Grants (FIG) emphasize the importance of building community support systems that enhance quality of life. These efforts may include maintaining and improving health and wellness, ensuring access to safe and reliable transportation, supporting appropriate and accessible housing options, and creating opportunities for social participation and inclusion. Equally vital is effective communication—ensuring that older adults can access information in a clear manner, regardless of their preferred format or technology skills.

The overall goal of FIG is to fund initiatives that provide meaningful programs with supports, and options, that empower older adults to live a freely chosen, purposeful life within their communities.

More information about FIG will be available soon on the SSM Website—including eligibility criteria, application procedures, and key timelines.

Visit <https://skseniorsmechanism.ca/facilitating-independence-micro-grants-seed-money/> in the next few days as full details and the application form will be posted here. The deadline for applications will be January 30, 2026. Additional inquiries may be directed to programs@skseniorsmechanism.ca.

An information webinar regarding FIG will be held on Zoom on Thursday, January 8 from 10:30 am - 12:00 pm. You must pre-register for this session [HERE](#).

Resources



Ageism Awareness

This month we want to highlight the **Ageism Awareness Resources** available on the SSM Website [at this link](#).

Linda Anderson is the SSM Staff person responsible for Ageism Awareness. Linda is available for presentations and consultation if you are seeking to learn more.

Our colleagues at Ontario Age-Friendly Communities Outreach Program are hosting a free workshop on January 7 and we encourage you to register!

Combating Ageism Webinar: Interactive Toolkit
January 7th from 12-1pm EST

This will be an engaging, interactive webinar hosted by the Ontario Age-Friendly Communities Outreach Program, in partnership with the Canadian Coalition Against Ageism (CCAA). In this free webinar, we will make the link between age-friendly communities and combating ageism. We'll explore two new educational resources developed by the CCAA with stewardship from the International Longevity Centre Canada (ILCC) and guided throughout by older persons' lived experience and leadership. Participants will be introduced to:

The Ageism Awareness Module (English and French), a foundational learning tool that explains what ageism is, why it matters, and how we can actively address it.

The Ageism Toolkit, a companion resource filled with practical activities and tools designed to deepen understanding, spark conversation, and support meaningful action across sectors.

With interactive dialogue and live walk-throughs, we will explore how to use these resources in your own age-friendly work.

[Register Here](#)

Cyber Safety

We can never be too careful when it comes to Cyber Safety. Check out this resource from the Government of Canada and share with your community:

<https://www.getcybersafe.gc.ca/en>





***We wish you all the best for the holiday season!
Here's to a great new year
of Age-Friendly work & 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 want to subscribe, please click on the button below. For those receiving it with either Wendy Thienes or Holly Schick as the sender's name, you are already subscribed.

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**Age-Friendly Saskatchewan Website: <https://agefriendlysk.ca/>
Age-Friendly Communities Page: <https://agefriendlysk.ca/af-saskatchewan-communities-main-page/>**

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