



# Age-Friendly Saskatchewan

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## Age-Friendly Saskatchewan Connector February 9, 2026

Issue No. 23

**LET NO ONE BE ALONE**



**THIS VALENTINES DAY  
(OR ANY DAY)**



Let No One Be Alone Week is February 8-14

Let No One Be Alone Week is acknowledged each February. In 2026, Valentine's Day is the finale of this week. The lead-up to that day can be difficult for many. Loneliness, grief for loved ones lost, and the toll of dark and cold winter months on our mental, physical and emotional health can all contribute to a sense of isolation and sadness.

SSM has developed resources and community-based initiatives aimed at reducing isolation among older adults.

Find these resources on the Age-Friendly Website by clicking [HERE](#).

There are 5 resource sheets available to help you promote the week, and to provide ideas for how to reduce social isolation for older adults. Consider sharing the resources on social media, in local print media and provide copies at local senior housing complexes or activity centres.

Also, watch SSM's social media ([Facebook](#) and [Bluesky](#)) daily over the coming week for shareable images like the one above.

Most of all, take time this week to reach out to someone and let them know they are not alone!

If you are reading this newsletter today, please know that you are appreciated. In the words of the character Abileen Clark from the novel *The Help* by Kathryn Stockett:

**"You is kind. You is smart. You is important."**

*Wendy*

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## Age-Friendly News





## 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>

Many of our Age-Friendly communities have an online social media presence! Consider following along with other community Facebook accounts to see the Age-Friendly initiatives taking place across the province!



Welcome to Swift Current and Candle Lake, the newest communities who are embarking on the Age-Friendly journey!

We are always eager to speak with new communities about how to get started on the Age-Friendly journey. Reach out to Wendy at 306-294-7383 or e-mail [agefriendly@skssm.ca](mailto:agefriendly@skssm.ca).

Be sure to review our Resources section on the website to access our Quick-Start Guide and other helpful documents. Click below:

[Getting Started & Other Resources](#)

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## Upcoming Events



## Age-Friendly Coffee Hour

*Wednesday, February 25*

**Topic: Telling our Stories Part 2**

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

**You must pre-register to receive your link  
to join the meeting.**

After registering, 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 Wendy the day before.

[Register Here](#)

Join us as we hear success stories of local Age-Friendly committee work. If there is a particular domain that YOUR committee is focusing on this year, let Wendy know so she can help to ensure that we discuss those areas.

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## Ontario Age-Friendly Communities Annual Conference

March 10-12

Learn more and register [HERE](#)



**Also from Ontario:**

**WEBINAR**  
**Social Isolation and Loneliness in Older  
Adults**

Join an interactive webinar hosted by the Ontario Age-Friendly Communities Outreach Program, in partnership with National Institute on Ageing and King City on February 24th from 12-1pm EST.



In this free webinar, you will learn more about social isolation and loneliness as public health concerns and understand how older adults are impacted by exploring a NIA report about this area of interest. We will hear from a community representative about strategies to increase older adult participation in activities in order to reduce social isolation and loneliness.

[Click here](#) for more information and to register.



If you haven't yet registered for the upcoming **Thrive at Home Showcase on March 5**, we recommend you don't delay – spots are filling up quickly!

This is the perfect opportunity to celebrate the promising practices and collaborations gaining momentum across Saskatchewan. You'll hear how communities are coming together to pilot innovative programs and initiatives to support older adults in:

- Candle Lake
- Moose Jaw
- Swift Current

Plus, don't miss out on the chance to hear from the keynote, award-winning health writer **André Picard**, as he shares his perspectives on how to harness the power of grassroots leadership and transform our health system.

Register [here](#) by February 20.

**Call for Study Participants:**

## Caregivers of Loved Ones in Long Term Care

The Aging, Residents, and Caregivers Research Unit at the University of Regina is currently conducting a research study examining the effects of online therapy for family members and friends of long-term care residents. If you are interested in learning more, or participating, please see the contact information on the poster below.



The poster features the University of Regina logo on the top left and the ARC (Aging, Residents & Caregivers Research Unit) logo on the top right. The main heading asks if the viewer is a family member or friend of someone in long-term care. Below this, it states that they may be eligible for a study on online therapy. A central illustration shows a woman with a cane being supported by a man. To the left of the illustration, there is a QR code and a URL. To the right, contact information for Kelsey Haczkevicz and Natasha Gallant is provided. At the bottom, a note states that the study has been approved by the University of Regina Research Ethics Board.

**University of Regina**

**ARC**  
AGING, RESIDENTS & CAREGIVERS  
RESEARCH UNIT

**ARE YOU A FAMILY MEMBER OR FRIEND OF SOMEONE LIVING IN LONG-TERM CARE?**

**You may be eligible to participate in a study exploring a brief online therapy designed to support family and friend caregivers of long-term care residents.**

If you are interested in participating, please follow the link below:  
[https://uregina.eu.qualtrics.com/jfe/form/SV\\_2rdshQCOjY9uBcG](https://uregina.eu.qualtrics.com/jfe/form/SV_2rdshQCOjY9uBcG)

**For more information about this study, please contact:**  
Kelsey Haczkevicz (Principal Investigator)  
kmh978@uregina.ca  
or  
Natasha Gallant (Supervisor)  
arcresearch@uregina.ca

This study has been approved by the University of Regina Research Ethics Board

For a PDF of the poster, please click the image above.

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## Look What's Happening!



Action Planning

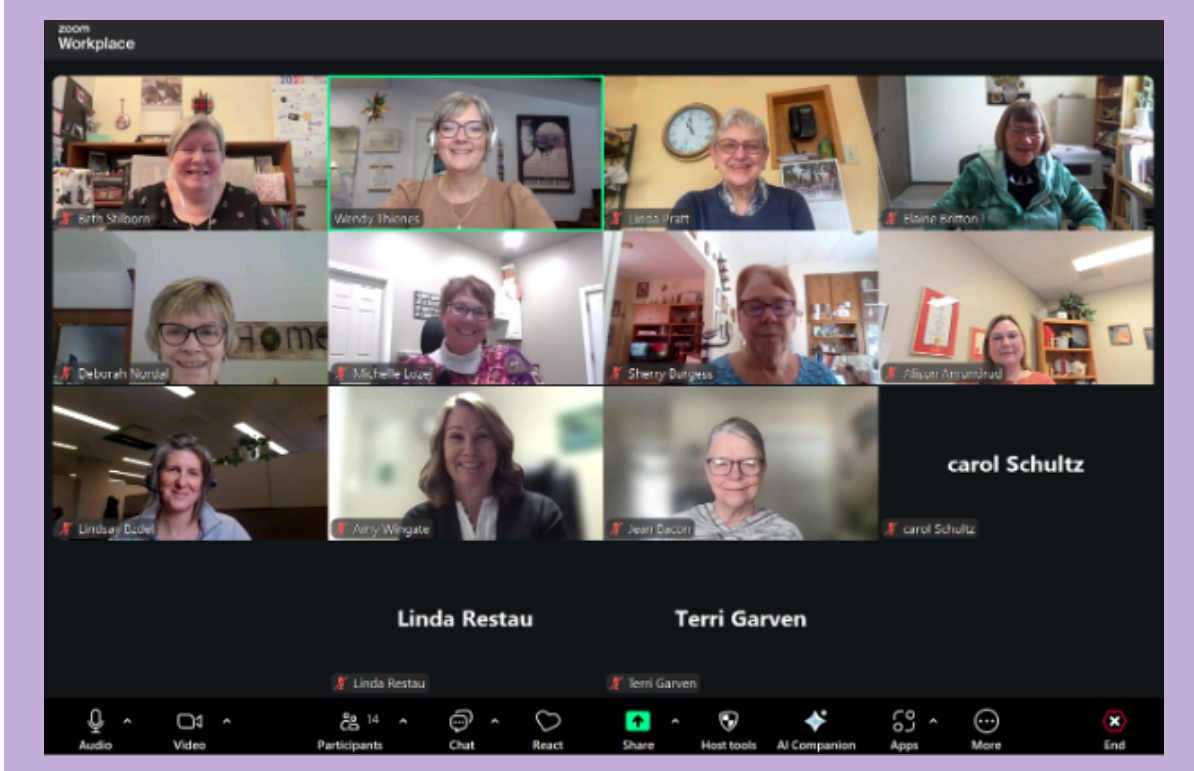
**Age-Friendly Shaunavon** recently completed an Action Planning session as they determine direction and priorities for the coming year. If your committee is seeking guidance or facilitation for a planning session, please reach out to Wendy! As you can see, there was active participation by committee members!



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### Coffee Hour Photo

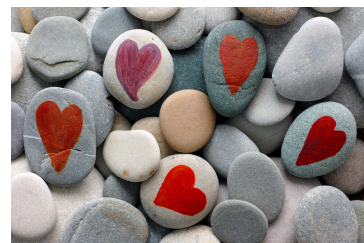
**Age-Friendly Coffee Hour** participants graciously permitted us to take a screenshot of our January 28 Coffee Hour! **Coffee Hour** is an opportunity for Age-Friendly communities to regularly network and share ideas, challenges, resources and more! All committees are strongly encouraged to send at least one representative to these Zoom meetings! Communities represented this month included Candle Lake, Regina, Saskatoon, Strasbourg, Melfort and Kipling. What a wonderful looking group of dedicated volunteers!



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## "Let No One Be Alone" in Strasbourg

**Age-Friendly Strasbourg** shared at our January Coffee Hour the details of their 'Love Rocks' project that students and daycare children from Strasbourg and Bulyea are leading.



William Derby School Grade 8 art class students and Bulyea Elementary school students will be painting 'love' messages on rocks, and daycare children will be delivering these to older adults in the community and to the Last Mountain Pioneer Home during Let No One Be Alone Week. The Age-Friendly Committee will also be handing out the Love Rocks at their Toonie lunch on February 10. Congratulations to these young people on helping to bridge the generational gap, letting older adults in their communities know that they are loved!

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## What's Happening at SSM?



## Social Prescribing Pilot Initiative

SSM's provincial pilot on Social Prescribing is ongoing. A video has been created that includes messages from many of the communities involved about the impact of the initiative thus far.

Watch the video by clicking the image below:



Learn more on the SSM website at [SSM Social Prescribing](#).

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## Resources



**Perspectives on Growing Older in Canada:  
The 2025 NIA Ageing in Canada Survey**

Now in its fourth year, Perspectives on Growing Older in Canada: The 2025 Ageing in Canada Survey, continues to be one of Canada's most comprehensive annual snapshots of the experiences, perspectives and expectations of Canadians aged 50 and older. Conducted by the NIA with support from Manulife and the Waltons Trust, this report reflects the successes and challenges of ageing in Canada.

The annual survey examines 10 indicators of ageing well in Canada, including social wellbeing, financial security, health and independence and perspectives on ageing for Canadians 50 years and older across the country. The findings serve as a call to action for policymakers, organizations, and stakeholders to prioritize evidence-based strategies that address social isolation, financial insecurity, and barriers to health care access. By leveraging the insights from this survey, decision-makers can design and implement programs and services where older adults feel valued, included, supported and better prepared to age with confidence.

## 2025 Ageing in Canada Report

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### Spread the Word!

Do you enjoy this newsletter? Find it helpful? Share it with others who might appreciate it, too!

Encourage them to subscribe to keep up with all that's happening in Age-Friendly in Saskatchewan and elsewhere.

To subscribe, click on the button below.

[Subscribe to The Connector](#)

### We Want to Hear from YOU!

Do you have questions, comments, or content ideas? Email us!

[Click here to Email Us!](#)

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***Here's to our Age-Friendly work & action!***

*Wendy*

Wendy Thienes  
Age-Friendly Communities Staff

*Beth*

Beth Stilborn  
Website and Social Media Staff

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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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