



# Age-Friendly Saskatchewan

## THE CONNECTOR



Upcoming  
Events



Community  
Updates



SSM  
Happenings



Your  
Resources

## Age-Friendly Saskatchewan Connector November 10, 2025

Issue No. 21

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



### Remembrance Day

Lest We Forget

"At the going down of the  
sun and in the morning,  
We will remember them"

Today's newsletter is coming to you as we prepare for tomorrow's Remembrance Day activities. Veterans and their sacrifices formed the foundations of our communities, large and small. The Royal Canadian Legion continues to be a valuable partner for many of our Age-Friendly Committees through their ongoing dedication to supporting community. Take time tomorrow to reflect on the sacrifices that have given us the freedom we often take for granted. We will remember them.

– Wendy

## Upcoming Events



### Age-Friendly Saskatchewan Coffee Hour

**Wednesday, November 26**

**Topic: Action Planning**

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

***Please RSVP to Wendy to let us know if someone from your committee plans to attend and to receive the Zoom link! We strongly encourage at least one committee member to attend.***

At this month's Coffee Hour, we welcome Age-Friendly Saskatchewan Chairperson Linda Pratt who will lead a how-to session on Action Planning entitled, '**Plan**' is a **Four-Letter Word**! We all know that finding the time and energy to create and revisit our necessary action plans can seem daunting. Linda will share her knowledge and expertise in this area to provide education and encouragement for how to go through the process with your local Age-Friendly committee.

Regular Action Planning, in response to identified needs in the community, leads to actions that benefit everyone in the community.

Here is an example of actions taken by one of our newest Age-Friendly Communities, **Age-Friendly Porcupine Plain & District**, who joined the Age-Friendly network in 2024.

Chair of the Age-Friendly Porcupine Plain & District committee, Rita Robertson, says, "The community has installed accessible loading/unloading pads at the sports grounds, a new sidewalk to previously installed accessible washrooms at the sports grounds, and new parking and sidewalk access to outbuildings at the museum.

The project's objective was to reduce barriers and increase accessibility at high-use recreational and cultural sites, enabling seniors and individuals with disabilities to continue participating in community life. Seniors and residents with mobility challenges now have improved access to both the sports grounds and the museum, allowing them to attend events and community gatherings as spectators, participants or volunteers. And, with the addition of a sidewalk to the accessible washrooms installed at Porcupine Place quonset, all residents and visitors can use sanitary facilities safely and independently while attending events at the sports grounds."



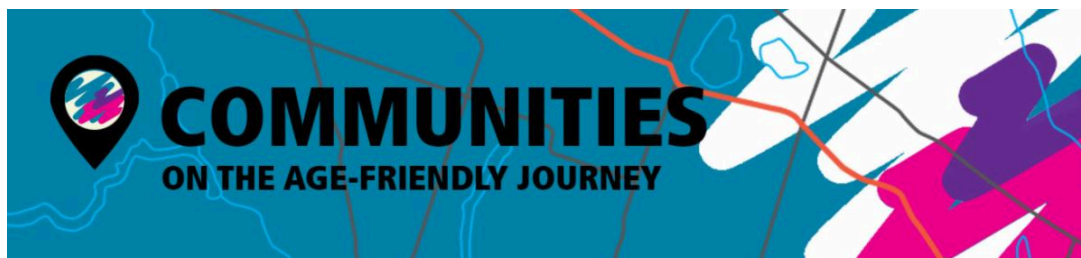
Accessible loading/unloading pad



Sidewalk to accessible washrooms

***We will continue to host our Coffee Hours on the 4<sup>th</sup> Wednesday of each month at 10:00 am starting again in January, so mark your 2026 calendars!***

## Community Updates



## Age-Friendly Communities Represented at Celebrating Seniors Awards

**Age-Friendly Kipling & District** nominated two long-serving volunteers from their community in the Community Leadership (Rural) category of the 2025 Celebrating Seniors Volunteer Awards. This is awarded to an older adult who best exemplifies the qualities of leadership within a rural community such as vision, dedication, integrity, and the respect of others; and who regularly participates in the development and well-being of their community. Congratulations to Terry & Gloria Ovans on their deserving nomination. Nominator and Chair of Age-Friendly Kipling & District, Deborah Nordal, had this to say about Terry & Gloria:



"Terry and Gloria are the best volunteers any community could wish for. When they take on a task, they go all in and see it through to completion.

While they lived on the farm, Gloria was a devoted member of the Inchkeith Women's Institute, holding several executive positions locally, as well as being a Director of the provincial Saskatchewan Women's Institute. She even represented Canada at the Associated Country Women of the World conference in Holland. Terry was involved in the Inchkeith Community Club, including participating in fun nights. Gloria was an active member of the School Band Parents Association. She and Terry also managed and taught power skating and hockey when their children were growing up. They have become especially active volunteers since they retired from farming and moved into town. They are never just active, but VERY active!

They have both been members of our local Legion branch for 21 years and have held various offices and they never miss a fund raiser. They are also committed members of Kipling United Church and are involved in every special event as well as regular activities. Terry has been a member of the Board of Kipling United Church for many years. He is also a member of the board for his community's country church, Lansdowne Memorial Gardens.

Both have been members of the Kipling Museum Association since 1987, and their old farmhouse stands in the museum grounds. Gloria volunteers all summer long as tour guide and property supervisor.

Several decades ago, some Kipling residents organized a Winter Dance Club which holds regular old-time dances throughout the winter. Terry and Gloria have been supporters and committee members for more than 20 years.

And they show no signs of bowing out, even though Terry is now 90 years of age. Thank you, Terry and Gloria, from your community!"

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### **Age-Friendly Strasbourg Recreation Board**

nominated Strasbourg Co-op in the Older Adult-Friendly Business category. This is awarded to a business that demonstrates an awareness of the needs of older adults and goes above and beyond their basic services to meet these needs. Strasbourg Co-op was the award recipient and employees Tammy Tolver and Letticia Kelln were on hand to accept the award on behalf of manager James Schulz.



Left to Right: SSM Board President Shan Landry, Strasbourg Co-op representatives Tammy Tolver and Letticia Kelln, and Lieutenant Governor Bernadette McIntyre

The Strasbourg Co-op is a beloved shopping destination for both locals and seniors. The proud manager, James Schulz, along with his staff, demonstrates a remarkable sense of community, evident in their commitment to going the extra mile for seniors in Strasbourg and the surrounding areas.

The staff assists with creating grocery lists, carries bags to customers' vehicles, and provides complimentary local delivery. They also maintain a year-round food bank service to help those in need; during Christmas, they take the initiative to assemble individual hampers for those facing difficulties in preparing holiday meals.

The Co-op frequently contributes to the Last Mountain Pioneer Home and the Senior Drop-In Centre, enhancing the wellbeing of seniors, as well as supporting William Derby School and the Strasbourg Pre-School, thereby investing in both the elderly and the local youth. Furthermore, the Co-op exemplifies community spirit by extending their hours for Christmas on Main Street, collaborating with the Recreation Board for a Free Ice Cream Day, and donating food and supplies to the Strasbourg Age-Friendly Toonie Lunches.

Contributions to Age-Friendly events, local churches, and various special occasions bolster support for the senior community. The friendly demeanor of the staff ensures a pleasant shopping experience. While the Strasbourg Co-op serves everyone, it particularly prioritizes the needs of the elderly.

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**Saskatoon Council on Aging (SCOA)** is also a valued member of our Age-Friendly Network. June Gaudun, Executive Director, nominated SCOA Board Member and current Treasurer, Brian Heinz, for his contributions in the Urban Community Leadership category.

Brian's history of community service began in the 1980s when he served as Director at Large and later Chairman of the Lawson Heights Community Association. This was during the formative years of the neighbourhood when building a sense of community through sports and social activities was vital for local families.



He also played a key role in working with the City of Saskatoon to ensure the completion of community parks, bringing valuable insight from his professional experience. In the 1990s, Brian's community involvement expanded to support organizations close to his heart and that impacted his children's lives including the Pavlichenko Folklorique Ensemble, the Saskatoon Diabetes Association, and as a coach for softball and soccer.

Brian's spirit of service extends into his volunteer work with Prairieland Park, where he has been a member for over ten years. For the past decade, Brian has also served as a business mentor at Med.Hack(+), a healthcare-focused hackathon. His guidance has helped teams turn ideas into practical, technology-based solutions under tight deadlines. More recently, Brian brought his leadership to SCOA as Treasurer on the Board. Brian exemplifies the qualities of leadership, vision, integrity and dedication that this award celebrates.

**Celebrating Seniors is a wonderful opportunity to recognize the contributions of older adults in our communities! Please consider nominating someone you know for this prestigious honour in 2026!**



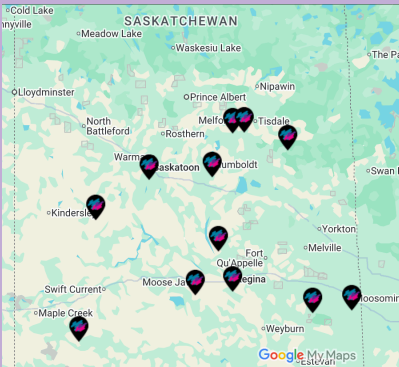
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**Age-Friendly Saskatchewan Website**



Welcome to Age-Friendly Saskatchewan!

### **\*NEW\* Communities Map on Age-Friendly Website!**



Click this screenshot of the map to go to the Communities Page on the Age-Friendly Saskatchewan website

Thanks to Beth Stilborn, our amazing Website & Social Media Staff, we now have an interactive map on the Communities page of the Age-Friendly Website. The community thumbnail photos are still included, but the map provides an at-a-glance view of where Age-Friendly communities exist in the province. Clicking on the black 'pins' will provide a link to the community's webpage, along the left-hand side of the map. Click the link, and you will be redirected to their web page.

### **\*NEW\* Subscription Button!**

We also have a new, streamlined way for people to subscribe to the Connector. As you'll see at the bottom of this newsletter, there is now a button to access a subscription form. Fill that out, and Beth will receive a notice that there's a new subscriber. The button is also on the Newsletter page of the Age-Friendly Saskatchewan website.



## **What's Happening at SSM?**



*Older  
Adults  
Moving  
Forward*

## Latest Issue of Gray Matters

### Living Well in Age-Friendly Communities



This issue of Gray Matters highlights all things 'Age-Friendly'! This would be an excellent issue to share with municipal council, your entire Age-Friendly committee and local partners and stakeholders! There are articles highlighting communities across Saskatchewan (Strasbourg, Hudson Bay, Candle Lake, Regina, Melfort), across Canada (Manitoba) and around the world (Japan and Sweden)!

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

Age-Friendly is a global movement initiated by the World Health Organization. There are currently a dozen active communities in Saskatchewan, and we hope to grow that number!

To see where Age-Friendly Communities currently exist in this province, check out our new, interactive map:

[Map of Saskatchewan Age-Friendly Communities](#)

If you would like to get on the regular mailing list for Gray Matters, please contact the SSM office at [admin@skssm.ca](mailto:admin@skssm.ca)

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## Resources



## Funding Opportunities

Age-Friendly Communities were recently surveyed regarding the resources they need and/or have accessed. In addition to other types of support, financial support continues to be an area of need for committees who are advancing their Age-Friendly Actions.



The survey identified a number of grant opportunities that have been utilized by Age-Friendly Communities including the New Horizons for Seniors Program, Community Initiatives Fund, local lotteries funding, Blue Cross and the Facilitating Independence Grant (FIG) administered by SSM. We want to encourage Age-Friendly Committees to apply for funding through FIG, should another year of funding be provided to SSM.

Learn about the types of projects the FIG program has funded over the past 3 years [at this link](#) on the SSM website. This may provide inspiration should another FIG grant be available, or to formulate other grant proposals. Often, when grants are announced, the turnaround time to apply is sometimes quite short! Be proactive and give thought to what your needs are in order to be ready to apply for funds, if/when they become available.

This past week, the South Sask Community Foundation announced the availability of their [Charity Resource Hub](#). It includes a [Grant Directory](#) along with resources pertaining to Fundraising, Granting, Operations, Marketing and Storytelling. This looks like a valuable resource for your committee to review!

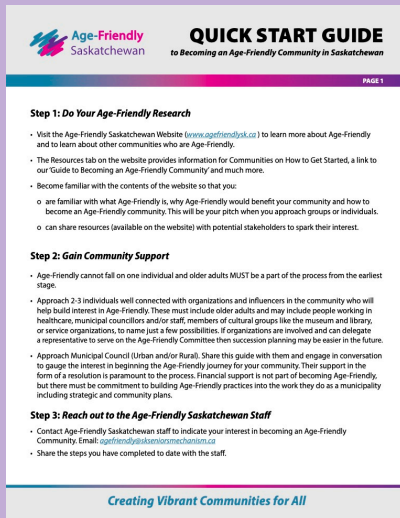
We will do our best to inform you in a timely manner when we receive confirmation of new funding opportunities. Meanwhile, be prepared in advance!

Funding applications for students is now open through to December 11.  
**Visit this link** for eligibility and application information.

## Healthy Aging Core Canada

Healthy Aging Core Canada, **at this link**, provides a list of funding opportunities and other resources. You can also sign up for their e-newsletter.

## Age-Friendly Saskatchewan Resource Info Sheets



Resource Info Sheets are being developed to guide Age-Friendly Committee development and their ongoing community assessment and action planning. Visit <https://agefriendlysk.ca/getting-started/> to access the documents that can guide you in your initial stages (and perhaps provide a refresher for existing committees or orientation for new members).

If you live in a community where the Age-Friendly journey has not yet begun, please contact us to learn more about how to begin!



**Saskatchewan Safety Council  
Mature Driver Refresher Course**

Every year, the Saskatchewan Safety Council holds Mature Driver Refresher Courses in centres across the province. There's one coming up in Regina on November 25. This link also gives a form to use in order to request such a course in your area. [Click here to learn more!](#)

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

*Wendy*

Wendy Thienes  
Age-Friendly Communities Staff

*Beth*

Beth Stilborn  
Website and Social Media Staff

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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.

[Subscribe to The Connector](#)

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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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