



Age-Friendly Regina

WINTER NEWSLETTER

BUILDING A COMMUNITY WHERE EVERYONE CAN AGE WELL!

As we move through the winter season, Age-Friendly Regina continues to see meaningful momentum—from new community connections and influential partnerships to thoughtful conversations about what it truly means to create spaces where older adults can thrive. The stories below highlight just a few of the ways this work is coming to life across Regina.

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Photo: Huong Nguyen and Susan Wood, Regina Public Library Health & Wellness Fair.

SHARING THE AGE-FRIENDLY VISION

LUNCH BUNCH LEARNS MORE

On September 22, Age-Friendly Regina had the pleasure of being welcomed by the Lunch Bunch at First Presbyterian Church on Albert Street. Susan Wood delivered an engaging presentation that introduced the group to Age-Friendly Regina, its history, and the eight domains that guide age-friendly communities worldwide.

The discussion quickly came alive as participants asked thoughtful questions about transportation, housing, and accessibility—topics that resonate deeply with older adults navigating daily life in our city. Many attendees were hearing about Age-Friendly Regina for the first time and expressed genuine enthusiasm about becoming stakeholders and getting involved in our ongoing work.

We extend a warm welcome to the Lunch Bunch and our sincere thanks to Susan for helping spread the word. Conversations like these remind us how powerful it is when communities come together with a shared commitment to aging well.



Photo: Jo Szostak and Susan Wood, Lunch Bunch First Presbyterian Church.

INFLUENCERS IN ACTION

MAKING MENTAL HEALTH CARE MORE AGE-FRIENDLY

Age-Friendly Regina often describes itself as an influencer—and recently, that influence was put into action in a very tangible way.

The management team of the Inpatient Mental Health Unit at Regina General Hospital invited community organizations to provide input on how to make their unit more reflective of the diverse patients they serve, including older adults and people living with disabilities. Three members of the AFR Steering Committee were pleased to participate.

Rather than a traditional meeting, the discussion took the form of an interactive walk-through of the unit. Together, we examined patient rooms, activity areas, hallways, and workspaces, offering practical suggestions on signage (including font, colour, and symbols), lighting, furniture, and overall layout.

Thanks to the presence of a committee member closely connected to the Alzheimer Society, recommendations also included ways to create a more dementia-friendly environment. The unit's management was highly receptive and has invited us back to review plans before changes are implemented.

Once completed, this “facelift” has the potential to become a model for making Regina General Hospital—and beyond—more age- and dementia-friendly.

AN ENGAGING STAKEHOLDER GATHERING

Age-Friendly Regina’s 2025 Stakeholder Gathering, held on October 22, 2025, at the Glen Elm Branch of the Regina Public Library, brought together community members eager to learn more and help shape the future of age-friendly work in Regina.

Through invitations shared across our networks and social media, we welcomed a small but energetic group with diverse backgrounds—healthcare professionals, community volunteers, and individuals passionate about aging well. The Steering Committee provided an overview of the global age-friendly movement, Regina’s journey to date, recent achievements, and priorities for the year ahead.

Updates included ongoing collaboration with the Alzheimer Society to advance both age-friendly and dementia-friendly initiatives, as well as progress on Social Prescribing efforts in our community. The formal discussion period sparked valuable dialogue around overcoming barriers, engaging the business community, and expanding awareness of our work.

Emcee Richard Marcotte noted that conversations continued well beyond the formal agenda—an encouraging sign of strong interest and a desire for even deeper engagement in the future.



Photo: Lindsay Bzdel, Steering Committee Member, speaking at Stakeholder Gathering



Photo: Steering Committee Members speaking at Stakeholder Gathering



Photo: Attendees at the Stakeholder Gathering

"It was very encouraging to have people engaged and making suggestions on priorities and different approaches we might take."

-Interim Chair, Andre Nogue, reflecting on the energy in the room.

WE EXTEND HEARTFELT THANKS TO THE STEERING COMMITTEE MEMBERS WHO PLANNED AND PRESENTED: SUSAN WOOD, RICHARD MARCOTTE, ALICE SAMKOE, ANDRE NOGUE, ERICA ZARAZUN, MARENA CHARRON, AND LINDSAY BZDEL.

CONNECTING IN THE COMMUNITY

CONNECTING AT THE REGINA PUBLIC LIBRARY HEALTH & WELLNESS FAIR

On October 4, Age-Friendly Regina was proud to participate in the Regina Public Library's Health and Wellness Fair for Older Adults.

The event offered a vibrant mix of presentations, information booths, and movement-based activities, with attendees enthusiastically joining Tai Chi, Zumba, Forever in Motion, line dancing, and chair yoga.

Hosting an information booth gave AFR the opportunity to share our guiding philosophy: working together and using the lens of older adults to improve community for everyone. Attendees explored A Guide to Aging Well in Regina, a key resource highlighting local programs, services, and supports—from housing and transportation to mental health, safety, and wellbeing.

Did you know...

The **Guides for Aging Well in Regina** are available on the website in up to **7** languages in addition to English (Arabic, Mandarin, Dari, Swahili, Somali, Vietnamese and Pashto) – not all guides are available in all languages) AND there is an option to open it in a version that allows you to read the same information in over 100 additional languages using Google Translate.

You can view the guides online here: <https://agefriendlyregina.ca/guides/>

Thanks to Regina Open Door Society (RODS), we have multiple printed copies of the Mental Health and Wellbeing Guide in Arabic, Mandarin and Swahili.

Please contact us at agefriendlyregina@gmail.com if you would like some to share with you community!

GET INVOLVED!

Age-Friendly Regina welcomes anyone who is interested in being a part of our Steering Committee of the work we are doing to improve the community for everyone. Contact us for more information!

GET INVOLVED BY BECOMING A STAKEHOLDER

Our Stakeholders are very important to us. Stakeholders can be individuals, organizations, groups, and businesses.

As a Stakeholder, you can:

- Learn about what it means to be age-friendly.
- Be involved in making positive changes.
- Receive our newsletter to find out what is happening
- Provide suggestions and feedback on Age-Friendly Regina's goals and initiatives.
- Attend Stakeholder gatherings.

CONTACT US!

Age-Friendly Regina Committed to building an age-friendly community where people of all ages can live safely, enjoy good health and remain involved in their community.

Stay Connected with Age-Friendly- Email us: agefriendlyregina@gmail.com

Regina: <https://agefriendlyregina.ca/>

Saskatchewan: <https://agefriendlysk.ca>