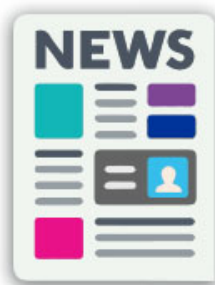




Age-Friendly Saskatchewan

THE CONNECTOR



Upcoming
Events



Community
Updates



SSM
Happenings



Your
Resources

Age-Friendly Saskatchewan Connector March 30, 2026

Issue No. 24



Spring into Action

A new season always brings excitement and fresh perspectives, doesn't it? Hopefully the singing birds, warmer weather and increased hours of sunshine will give you the extra boost you need to accomplish the important goals you have set for your committees and Age-Friendly communities!

Check out SSM's **Spring issue of Gray Matters** which includes an Age-Friendly article. See pages 4 & 5 for guidance on how to create/refresh your community's Age-Friendly Action Plan, a necessary and ongoing step in the Age-Friendly journey.

It's time to Spring into Action with renewed energy and enthusiasm!!

Wendy

Age-Friendly News



Age-Friendly Saskatchewan

Age-Friendly Saskatchewan participated in Healthy Living Assiniboia's Age Well, Age Smart Expo on March 21. Attendees from Assiniboia, Lafleche, Gravelbourg, Rockglen, Coronach, Mossbank and Moose Jaw stopped at our booth to learn more about Age-Friendly and SSM. More than 50 vendors were featured along with keynote presenter, Canadian actress and comedian, Mary Walsh.



Our next outreach will be at the SUMA Convention April 12-14 in Regina where we will be part of the SSM booth in the trade show hall and will be presenting to the Towns & Villages breakout session on April 14.

Thrive at Home Showcase

Age-Friendly Saskatchewan Chairperson, Linda Pratt, and Age-Friendly Saskatchewan staff, Wendy Thienes, attended Health Quality Council's Thrive at Home Showcase on March 5 in Saskatoon, along with SSM President Shan Landry and Communications & Ageism Awareness staff Linda Anderson.



Wendy Thienes and Linda Pratt

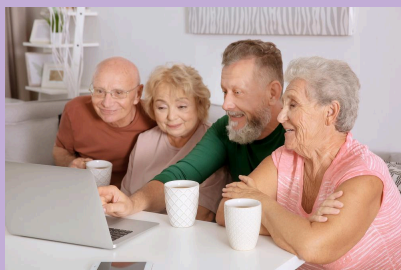
Many of our Age-Friendly communities were also in attendance. Moose Jaw, Candle Lake and Swift Current representatives were featured in the Healthy Aging Community Spotlights, sharing how their communities are identifying and leveraging collaboration to support older adults. Keynote

speaker was André Picard, Canadian journalist and author specializing in health care issues. Picard is author of several books including, *Neglected No More: The Urgent Need to Improve the Lives of Canada's Elders in the Wake of a Pandemic*.



Rom Jukes of Age-Friendly Moose Jaw (at podium) provides an update on their transportation project and social prescribing pilot initiative. Marianne & Terry Kostyna (seated) shared the achievements and passion of their Resort Village of Candle Lake and Curtis Newton, Director, Primary Health Care Southwest 5 with Saskatchewan Health Authority, shared the various ways that Swift Current is addressing the needs of older adults.

Upcoming Events



Age-Friendly Coffee Hour

Wednesday, May 6
Topic: Community Resource Directories

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

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

[Register Here](#)

As part of the Thrive at Home initiative, facilitated by Health Quality Council, work is underway to create ***Guidelines for Developing a Community Resource Directory***. Jennifer Wright from HQC joined us at our October Coffee Hour to hear about the Age-Friendly resource directories that have been developed by some of our communities.

Through collaboration with several Age-Friendly community participants, and other agencies, the Navigation Hub of Thrive at Home is excited to share the draft Guidelines document and is seeking feedback on its content. They are also seeking potential pilot communities who may be in the process of developing a directory for the first time or revising their current directory. If you are interested in learning more about what is involved in being a pilot community, please reach out to Wendy at Age-Friendly Saskatchewan.

Representatives of HQC will once again join us on May 6 to help give an overview of the work and guidelines and to hear your feedback on the draft guidelines which were e-mailed to each committee last week for comment.



June Coffee Hour! Save the Date!

Volunteers from the Gravelbourg Cares Shuttle Service will join us on **June 10 at 10 a.m.** to share their operational information and best practices for their out-of-town medical transportation program they have operated since 2019.

This is a 'must' for communities who are considering transportation options. They have a wealth of knowledge and experience and are willing to share this with our network. It should be an excellent session! We will allow extra time for this Coffee Hour in case there are questions for our guests.

[Register Here](#)

Alzheimer Society Presentation

The Alzheimer Society of Saskatchewan
presents

'Our Healthier Brains'
featuring Dr. Allison Cammer
Tuesday, March 31
7:00 PM on Zoom



Dr. Allison Cammer will present, "Living Well at the Table: Nutrition and Social Connection in Brain Health."

Dr. Cammer is an Associate Professor and Registered Dietitian in the College of Pharmacy and Nutrition at the University of Saskatchewan, with extensive expertise in nutrition, aging, dementia, long-term care, and end-of-life care.

Note: Registration has closed for this event.

Study Participation Opportunity

Are you 60+, living in Saskatchewan, and managing at least one chronic condition?

Researchers from the University of Regina, Mount Royal University, and Lakehead University invite you to participate in a study on how social and political contexts shape end-of-life planning among older Canadians. Participation is completely voluntary. See graphic below for details. (Click graphic for PDF.)

- Short online survey (5–7 minutes)
- One-on-one interview (about 60 minutes – in person, phone, or Zoom)

Participation Opportunity

We invite Canadians who live in Alberta, Ontario or Saskatchewan and are 60 years and older who have been diagnosed with at least one chronic condition to take part in a conversation and survey about the different experiences and influences that shape how Canadians think about end-of-life care planning.

For complete project information, please email:

endoflife.conversations@uregina.ca

One of the research team members, Janine Brown, Tracy Powell, or Kathy Kortés-Miller (or their research assistant) will respond to all inquiries.

Goals

This research aims to provide policymakers and healthcare providers strategies to enhance the quality of life for older adults, ensuring dignity and support through aging and end-of-life processes.

Confidential

Participation is voluntary and all information you provide to us will be kept confidential.

What to Expect

You will complete one online survey (20-25 minutes for older adults and 5-7 minutes for key informants) and one interview (60 minutes). The interview will occur in person, via Zoom technology or telephone.

Funding & Ethics

This research project is funded by the Canadian Social Science and Humanities Research Council. This study has been reviewed and approved by the researchers' home institutions noted below.



University of Regina



Lakehead UNIVERSITY

Centre for Education and Research on Aging & Health



MOUNT ROYAL UNIVERSITY

Look What's Happening!



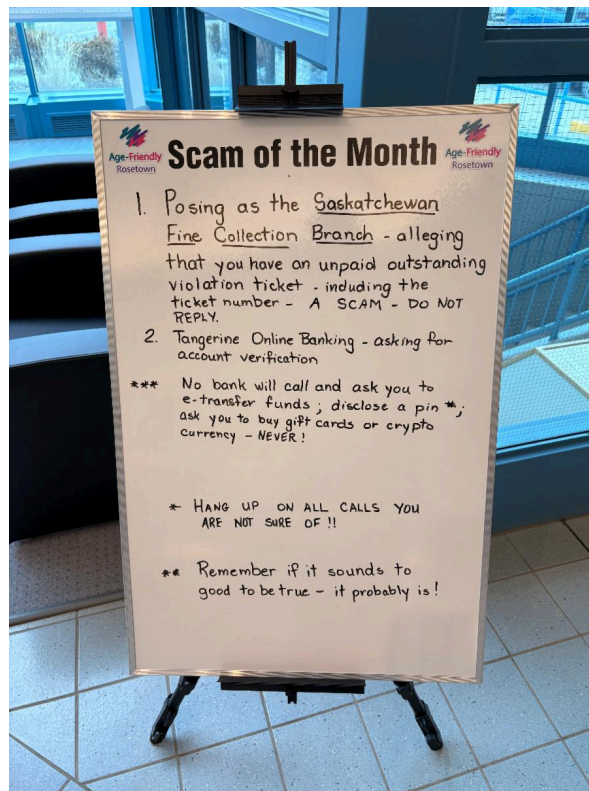
Age-Friendly Rosetown welcomed Wendy Thienes of Age-Friendly Saskatchewan to their March 4 committee meeting. The group has recently published an updated version of their local senior resource directory and were busy planning for their 2nd Annual Age-Friendly Business Awards held on March 10. This dedicated group of volunteers are deeply engaged in, and enthusiastic about, their Age-Friendly work. February 2026 marked 10 years since their original Age-Friendly committee formed. Congratulations on this outstanding anniversary and long-time dedication of Age-Friendly Rosetown!



Front: Hugh Lees, Bernie Mullis, Pat Aylward, Carmen Ledding, Judy Johnston
Back: Sharon Fix, Crystal Storey, Ann Rice



Business Award Winners for 2026 as selected by Rosetown residents, left to right:
Sheila Hare, Service Employee at Orange Memories
Megan & Joe, Best Business, AG Foods
Susan Chapman, Business Employee, AG Foods
Lillian Hayes, Student Employee, Athlete's Haven



While in Rosetown, Wendy took the opportunity to visit two local businesses who are Age-Friendly supporters. Prosperity Credit Union has partnered with Age-Friendly Rosetown by displaying a *Scam Of the Month* whiteboard to increase public awareness & safety about the latest scams that people may encounter.

Wendy also dropped by to congratulate last year's Age-Friendly Business award winner, Kathy Simpson of Prairie Girl Fashions.



What's Happening at SSM?



Annual Conference
Three unique morning sessions
April 21, April 29, May 12
via Zoom

TRANSFORMING THE FUTURE: Older Adults Seize the Day

The conference will recognize the reality of life for older people today, including the analysis of the effectiveness of how societal systems support older people. Participants will explore how they can take action to effect change for the future and feel comfortable doing advocacy for themselves and others.

Sessions will emphasize the value of older people in our society – capable, bring experience, wisdom, and skills that differ from other age groups; large contingent of people, many of whom have time and financial resources and are looking for purpose in this stage of their lives.

All sessions offer inspiring speakers, different visions for change, activities and tools to support individual and group advocacy, and local examples. Most importantly, all sessions will offer participants a chance to devise ways that help older adults have voice and power for change.

April 21 – Beyond Ageism – Rockin’ into the New World
Featuring Ashton Applewhite, an internationally recognized expert on ageism, author of *The Chair Rocker: a Manifesto Against Ageism*. Ashton is funny, lively and challenging as she uncovers the hidden ageism in our society.

April 29 – Health Care – Rockin’ the Boat
Featuring a moderated conversation between Steven Lewis and Dr. Saly Mahood about how to transform health care in order to provide the right care for all, at the right time, in the right place.

May 12 – Life Satisfaction as We Age – Older Adults Rock On
Explore what supports older adults to live as healthily and happily as possible on the aging journey.

Register today!
Pre-registration is required. \$20 for all three sessions.
Visit the SSM website for registration information: <https://saskseniorsmechanism.ca/conference-2026/>

Linkline | College of Registered Nurses of Saskatchewan | SGEU

SSM Annual Conference

SSM's Annual Virtual Conference will be held in **three sessions** this year.

Click on the poster to the left for the full-size PDF.

Sessions will be via Zoom from 9:00 a.m. to Noon on the following dates:

April 21 – Beyond Ageism – Rockin’ in the New World

April 29 – Health Care – Rockin’ the Boat

May 12 – Life Satisfaction as We Age – Older Adults Rock On

Pre-registration will be required.

Cost \$20 for all three sessions

Learn more on the SSM website: **Conference 2026.**

Celebrating Seniors Award Nominations now open!

Nominations are now open for Celebrating Seniors 2026, SSM's annual gala held to honour older adult volunteers from across the province. The banquet will take place September 27, 2026.

Please consider nominating a worthy volunteer from your community! More information including the nomination form and instructions are at the SSM website:

Celebrating Seniors 2026.



Celebrating Seniors Provincial Volunteer Awards

SUNDAY, SEPTEMBER 27, 2026 • CONEXUS ARTS CENTRE, REGINA, SK

DO YOU KNOW AN OLDER ADULT VOLUNTEER WHO IS A **SUPERHERO** IN YOUR COMMUNITY?

REVEAL THEIR TRUE IDENTITY BY NOMINATING THEM FOR A PROVINCIAL VOLUNTEER AWARD!

10 AWARD CATEGORIES:

- COMMUNITY LEADERSHIP (URBAN)
- COMMUNITY LEADERSHIP (RURAL)
- COMMUNITY LEADERSHIP (FIRST NATIONS OR METIS)
- ADVOCACY
- ARTS + CULTURE
- BLOOMING PERENNIAL (90+)
- INTERGENERATIONAL AWARD
- WELL-BEING
- EDUCATION
- OLDER ADULT FRIENDLY BUSINESS

Nominees must be a 55+ volunteer, reside in Saskatchewan, and actively contribute to their community.

SASK LOTTERIES



Deadline for Nominations is Friday, June 12, 2026

How and to whom do I submit my nomination:

1. Email to: programs@skseniorsmechanism.ca
2. If unable to email, send to Saskatchewan Seniors Mechanism, 112-2001 Cornwall Street, Regina, SK S4P 3X9



www.skseniorsmechanism.ca/celebrating-seniors-2026

Resources



Fraud and Scam Awareness

March was Fraud Awareness Month. Like Age-Friendly Rosetown, many Age-Friendly committees share information related to fraud and scam awareness with their communities. Unfortunately, scams and frauds happen all year long. Here are a few resources that may be helpful in creating local awareness:



The Canadian Anti-Fraud Centre collects information on fraud and identity theft. They provide information on past and current frauds affecting Canadians:

<https://antifraudcentre-centreantifraude.ca/index-eng.htm>

RCMP

Seniors Guidebook to Safety & Security and link to Cyber Crime information:

<https://rcmp.ca/en/relationship-violence/seniors-guidebook-safety-and-security>

<https://rcmp.ca/en/federal-policing/cybercrime>

You can report Cyber Crimes online!

<https://reportcyberandfraud.canada.ca/>

or by telephone:

Toll Free: 1-888-495-8501 Monday-Friday, 10 am to 4:45 pm EST

Canadian Bankers Association (CBA)

Fraud Prevention Toolkit:

There are also simple steps you can take to recognize scams and protect yourself. With a fraud prevention checklist and tips on how to spot the grandparent scam, the romance scam and phishing, the CBA's **Fraud Prevention Toolkit** can help older adults protect against financial crime:

<https://cba.ca/article/fraud-prevention-toolkit-older-adults>

Get Cyber Safe

Get Cyber Safe is a national public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online.

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

Ontario's Centre for Studies in Aging and Health held their virtual online conference March 10-12.

Visit this link for recordings and resources from their wide variety of relevant presentations!

[**Building a Future for All: Connecting Age-Friendly Strategies to Emerging Priorities**](#)



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.

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We Want to Hear from YOU!

Do you have questions, comments, or content ideas? 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

Saskatchewan Seniors Mechanism | #112 - 2001 Cornwall Street | Regina, SK S4P 3X9 CA

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