



# Age-Friendly Saskatchewan

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## THE CONNECTOR



Upcoming  
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Updates



SSM  
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Your  
Resources

## Age-Friendly Saskatchewan Connector May 25, 2026

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Issue No. 25

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To contact us about anything in this newsletter,  
please email Wendy

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## Growing

Between the wind and the cool temperatures, it has been difficult to get those seeds and bedding plants into the garden this Spring. Not to mention, we live in a province where it is either too wet or too dry, depending on your latitude and luck. The perfect conditions for growth are sometimes elusive: sunshine, warmth, water, fertilizer, good dirt, and a seed that can germinate. You also need tools: a rototiller, rake and hoe and a pair of gloves.

I often wonder what the ideal conditions might be for Age-Friendly to grow in Saskatchewan? There are external conditions that we have only slightly more influence over than the weather: increased awareness among the general public, support from all levels of government, and recognition of the importance of involvement and leadership from older adults. Then there are tools: surveys, checklists, templates, seminars and shared knowledge, all of which can help turn ideas (or seeds) into something beautiful and productive.

Age-Friendly Saskatchewan HAS experienced growth over the past year. We've welcomed two new communities on the journey, and we hope to welcome back two more that have been inactive for a while. We've been able to showcase Age-Friendly to municipal and provincial governments through attendance at SUMA's Convention and by demonstrating what Age-Friendly communities can accomplish with funding through the Facilitating Independence Grant. We've shared information with other communities and groups of stakeholders and we continue to gather on coffee row (Age-Friendly Coffee Hour) to solve the world's problems together.

Instead of waiting for 'next year country', let's take the wheelbarrow by both handles and get growing!

If you are lucky enough to already be part of an Age-Friendly community, help us by spreading the dirt (aka: the word) about Age-Friendly. Together we can germinate this movement in more Saskatchewan communities!

*Wendy*

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## Age-Friendly News



## Age-Friendly Saskatchewan at SUMA

Age-Friendly Saskatchewan was a featured presenter at the 2026 SUMA (Saskatchewan Urban Municipalities Association) Convention on April 14 in Regina. A slide presentation and fireside chat introduced the Age-Friendly Framework to delegates in the Towns & Villages breakout session, while highlighting success stories from Strasbourg that demonstrated the positive impact that Age-Friendly can have in a community.

We hope to follow up on conversations that began during the convention and help new communities begin their Age-Friendly journey in 2026-2027.



Ann Donovan, SSM Board Member and Wendy Thienes, Age-Friendly Saskatchewan staff



Ashley Leier, Senior Communications Officer Strasbourg Age-Friendly Recreation Board, Committee Members Sherry Burgess, Vicki Cornwell, Carol Schultz, and Age-Friendly Saskatchewan Chairperson, Linda Pratt

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## Age-Friendly Western Consultation

Age-Friendly representatives from British Columbia, Alberta, Saskatchewan and Manitoba met in Regina on May 13 & 14 for discussion and knowledge exchange related to common areas of focus across the western provinces. Discussions focused primarily on Transportation, Housing and Ageism.

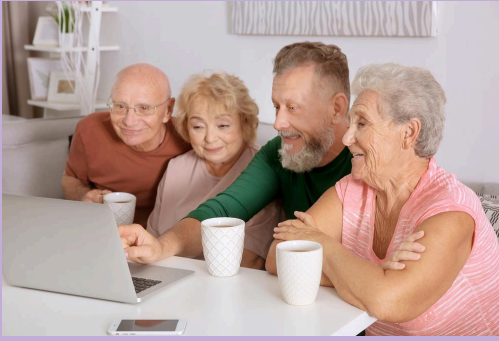




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## Upcoming Events





## Age-Friendly Coffee Hour

*Wednesday, June 10*

*Topic: Transportation  
with special guests from  
Gravelbourg Cares Shuttle Service*

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

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

[Register Here](#)



## *Bonus* Age-Friendly Coffee Hour

*Wednesday, June 24*

*Celebrating our Success!*

10:00 a.m. via Zoom

Meet & Greet new members of the Age-Friendly Saskatchewan Network and share your best success stories from 2025-2026!

Wendy will forward the link for this meeting to the main contact for each community and ask that it be shared with your entire committee as anyone is welcome to join! (Confetti, party hats & horns are encouraged!)

In addition, we invite (kindly request!) each committee to also prepare a written summary and photos of your successes and activities from the past year and provide them to us for inclusion on the website.



## Coming This Fall!

We will introduce a series of webinars featuring fellow provincial organizations that may be able to offer relevant information, support and resources for local Age-Friendly committees.

Mark these dates on your calendar:

**Wednesday, September 16**  
Alzheimer Society of Saskatchewan

**Wednesday, October 14**  
Heart & Stroke

These webinars would be a great opportunity for your Age-Friendly Committee to host a 'watch party' for anyone in the community who may be interested in learning more about the services, supports and resources available from these two important provincial organizations. Contact Wendy for details!

## June is Stroke Awareness Month

### Know the signs of STROKE

You could save the life of someone you love.  
Time is everything during a stroke.  
In fact, there is a saying that  
“time lost is brain lost.”

### Know the signs of STROKE

- F** **Face**  
is it drooping?
- A** **Arms**  
can you raise both?
- S** **Speech**  
is it slurred or jumbled?
- T** **Time**  
to call 9-1-1

**Beat stroke**  
**Call 9-1-1 FAST**  
[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

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Stroke occurs when the blood supply to the brain is cut off. Brain cells die at a rate of 1.9 million per minute after a stroke, so the sooner blood flow can be restored, the better their chances of survival and a better recovery.

If you, or someone with you, experiences any of these signs, **call 9-1-1 or your local emergency number FAST.**

**FAST** is an easy and memorable way to remember the major signs of stroke:

**F Face**, is it drooping?

**A Arms**, can you raise them?

**S Speech**, is it slurred or jumbled?

**T Time** to call 9-1-1 right away.

Don't drive yourself or the person having a stroke to the hospital – **an ambulance will get you to the closest hospital that provides urgent stroke**

**care.** The emergency medical services will be able to determine which hospital in your area can best help.

Treatments can reduce the severity of a stroke and reverse some of its effects, and it's important that they are given as quickly as possible.

### **More signs of stroke**

The FAST signs are the most common signs of stroke and are more likely to be caused by stroke than any other condition. There are additional signs of stroke that some people experience. They include:

- vision changes – blurred or double vision
- sudden severe headache – usually accompanied by some of the other signs
- numbness – usually on one side of the body
- problems with balance

Stroke is a leading cause of adult disability with nearly 1 million people in Canada currently living with stroke and more than 108,000 strokes occur each year – or approximately **one every five minutes.**

**We can all beat stroke.**

**Share the signs and help save lives.**

For more information, visit [heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

**If you are interested in additional resources related to Heart & Stroke, contact:**

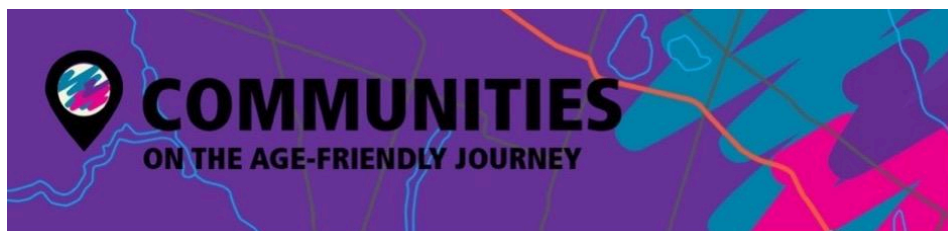
**Effie Kosmas MPH | (she/her)**

Specialist, Provincial Mission, Saskatchewan | Heart & Stroke

**E [effie.kosmas@heartandstroke.ca](mailto:effie.kosmas@heartandstroke.ca) | P (306) 808-3238**

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## **Look What's Happening!**



**Saskatoon Council on Aging Celebrating 35 Years!**

Age-Friendly Saskatchewan extends our sincere congratulations to the Saskatoon Council on Aging on their 35<sup>th</sup> Anniversary! They will be hosting a celebration in Saskatoon on June 9. Details and tickets are [available here](#).

SCOA leads Age-Friendly initiatives and programming in Saskatoon. Seniors Neighbourhood Hub Clubs are one initiative led by SCOA that provides older adults (aged 55 and above) regular access to social activities in six different Saskatoon neighbourhoods. Hub Clubs are free to attend, making it easy for older adults to connect with like-minded individuals and enjoy the benefits of social participation, a vital component of creating an age-friendly community. For more information, [click here](#).

To read a personal story about the impact of the Hub Clubs on the life of one individual in Saskatoon, [click here](#).

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## What's Happening at SSM?



### SSM Annual Conference Videos are Now Available

#### **Beyond Ageism – Rockin’ in the New World**

Featuring speaker Ashton Applewhite, author of *This Chair Rocks: A Manifesto Against Ageism* and a co-founder of the Old School Hub.

#### **Health Care – Rockin’ the Boat**

Featuring speakers Steven Lewis and Dr. Sally Mahood in conversation with SSM Board President, Shan Landry.

#### **Life Satisfaction as We Age – Older Adults Rock On**

Featuring SSM's Rod McKendrick speaking about Social Prescribing, and Wendy Thienes speaking about Age-Friendly.

At any time, you can [access these videos on the Conference 2026 page on the SSM website](#).

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# Celebrating Seniors Award Nominations closing soon!

Age-Friendly Saskatchewan invites our Age-Friendly Committees to nominate a deserving older adult from your community for one of the Celebrating Seniors Awards:

- community leadership (urban)
- community leadership (rural)
- community leadership (First Nations or Métis)
- 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. Get your nominations in **before June 12!!**

The banquet will take place September 27, 2026.

More information including the nomination form and instructions are at the SSM website:

**Celebrating Seniors 2026.**

## Resources

**Celebrating Seniors** 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 MÉTIS)
- 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@saskeniormechanism.ca](mailto:programs@saskeniormechanism.ca)  
2. If unable to email, send to Saskatchewan Seniors Mechanism, 112-2001 Cornwall Street, Regina, SK S4P 3X9

[www.saskeniormechanism.ca/celebrating-seniors-2026](https://www.saskeniormechanism.ca/celebrating-seniors-2026)

Older Adults Moving Forward

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Older Adults Moving Forward



## Age-Friendly Manitoba

As you have learned in this newsletter, Age-Friendly Saskatchewan welcomed colleagues from the western provinces to Regina to share and discuss Age-Friendly topics. We want to share a resource from Age-Friendly Manitoba in this issue, and you can check out other great resources while you're there!

**Manitoba Association of Seniors Communities** has created a series of videos. This one discusses the role of Age-Friendly Committees as initiators of change, the important linkage with the municipality and the importance of Age-Friendly for the whole community of all ages. (8 minutes) A **must watch** for Age-Friendly committees at any stage (recognizing that there are some minor differences between our program and theirs). Check it out [at this link](#).



Congratulations! You made it through the entire newsletter! We appreciate you reading all of this great information.

As a 'thank you'....if you are reading this right now, please e-mail Wendy with your name, address and phone number, and you will be entered to win a copy of Ashton Applewhite's book, ***This Chair Rocks: A Manifesto Against Ageism***.

A random draw will be made and Wendy will be happy to mail it out to the lucky winner!

Draw to be made on **June 1** which marks Intergenerational Day in Canada!

Visit [the Intergenerational Society of Canada website](#) for ideas on how to create an intergenerational society. This is one way to address ageism in communities!

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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



### **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!](#)

**Follow us on Facebook!**

## Age-Friendly Saskatchewan on Facebook

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

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

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