Age-Friendly Saskatchewan



Age-Friendly Saskatchewan Connector

November 9, 2026

Issue No. 29

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



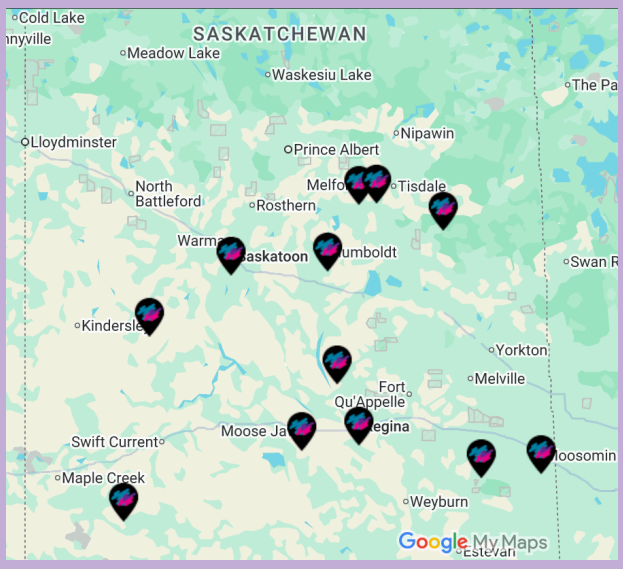
Remembrance Day 2026

As I drove around the province the past few weeks, I noticed the incredible tributes to service men and women. Banners, with photos and names, line streets and cenotaphs throughout Saskatchewan. This year marks the 100th Anniversary of the Royal Canadian Legion. A local Legion branch remains a steadfast organization and gathering place in communities of all sizes, and is a valued partner with local Age-Friendly Committees. The service and dedication of their members is appreciated. Learn more about the Royal Canadian Legion and its anniversary year at:
https://www.legion.ca/home

As we approach November 11, 2026, may we continue to reflect on the sacrifices of the women and men, past and present, who gave their lives to serve our country. We will remember.

~ Wendy

Age-Friendly News



Age-Friendly Saskatchewan Workshops Helping to Build the Age-Friendly Network of Communities

Age-Friendly Saskatchewan offered in-person workshops in nine communities this fall through the generous support of the Government of Canada's New Horizons for Seniors Program! Our travels took us to Swift Current, Yorkton, Strasbourg, Nipawin/Carrot River, Blaine Lake/Leask, Shellbrook, Candle Lake, Porcupine Plain and Tisdale! We are also planning a workshop in Wynyard on February 5.

Workshops are tailored to the community and may include:

- How to establish a local Age-Friendly committee and gain the support of municipal government and other stakeholders and partners.
- Assessment of community assets and needs.
- Development and/or review of action plans.
- Evaluation of the impact of Age-Friendly actions on the community and individuals.

Additional communities are invited to reach out to express interest in hosting a workshop ASAP! Inquiries from both established and new Age-Friendly communities are welcome.

Contact Wendy by phone or email for more information.

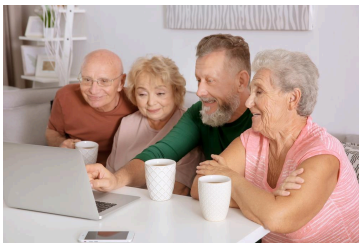
Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

Upcoming Events!

From Age-Friendly Saskatchewan

Age-Friendly Coffee Hours



Our Age-Friendly network will meet from 10:00-11:30 am on Wednesday, November 25.

ZOOM LINK TO JOIN MEETING

This month we welcome guest presenter Brian Sawyer, Outreach and Member Services Manager of Men's Sheds Canada. Join us as we learn about the initiative that is growing across the country and in Saskatchewan with groups now established in Yorkton, Regina, Saskatoon, Battleford and Meadow Lake. Simply put, a Men's Shed is a group of men who get together in their community to develop new skills, discover new interests, and make new friends. But it's so much more than that. For many men, aging and retirement can lead to loneliness and a loss of purpose; and that's where Men's Sheds come in. Symbolic of that backyard workshop where men share stories and tinker with woodworking or electronics, a Men's Shed is grounded in the idea that men communicate more effectively when they're "shoulder to shoulder" with other men.

These network meetings are an opportunity for a roundtable discussion and sharing of ideas. Suggestions for specific topics are welcome! E-mail your ideas to Wendy.

The next Coffee Hour will be on Wednesday, January 27.

From Others

Forever...in *motion*





Moosomin Forever...in *motion*

While not directly linked to the Age-Friendly movement, several Age-Friendly communities in Saskatchewan are involved in the Forever...in *motion* program. Age-Friendly Moosomin Chairperson, Devona Putland, happens to be the Forever...in *motion* instructor for that community. As Devona says, 'motion is lotion'! Age-Friendly Swift Current's Age-Friendly Facilitator, Val Choo-Foo, is an instructor in that community and she will be leading an Instructor Course in Swift Current November 20-22. There are also upcoming instructor courses in Regina. Click the posters for details!

For more information about how to get involved, become a trainer, etc., **follow this link** to the Forever...in *motion* page on the Saskatchewan Health Authority website.



Click image for PDF of Regina's poster



Click image for PDF of Swift Current's poster

Answer our Quick Poll!

Do you have Forever...in Motion in your community?

Yes

No

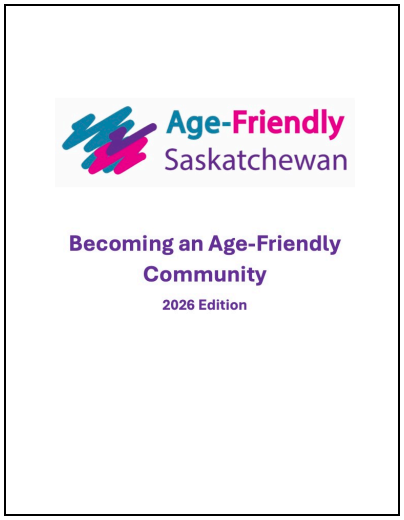
Unsure



Becoming an Age-Friendly Community

We enjoyed our recent workshops, meeting dedicated and engaged citizens who want the best for all ages in their community. So far, we have reached more than 100 people in 10 communities. We shared information on how to get started on the age-friendly journey, steps to make that journey even more successful, and our latest resources including the newly revised *Becoming an Age-Friendly Community Manual & Workbook.*

Click **HERE** for access to our newly revised *Becoming an Age-Friendly Community Manual & Workbook.* Reviewing these documents is a great way to get started on your Age-Friendly journey!



Here are a few photos from our workshops!



Two mini-workshops in Shellbrook provided time for deep conversation and reflection about what makes their community age-friendly, and what could make it even more age-friendly. Thanks to Lorraine Thibeault (on the left), President of the Saskatchewan Seniors Association Inc. and President of the Shellbrook Seniors Club for organizing workshops there.



The Town of Tisdale hosted a workshop on October 30. Twenty residents, including members of Council and staff members of Saskatchewan Health Authority, participated in discussions and learned how to take the next steps to form a local Age-Friendly committee. An enthusiastic and welcoming group!



Twenty residents from Blaine Lake and Leask took part in discussion and activities hosted at the Blaine Lake Seniors Centre on October 26.



Neighbouring communities often rely on each other for particular services and supports. A regional, cooperative age-friendly model is also being explored in other areas of the province including Nipawin/Carrot River.





Nipawin workshop attendees October 8, 2026



Age-Friendly Yorkton has re-formed a local committee
and they are excited to begin their work!

Stay tuned for December's issue where we will meet some of the existing Age-Friendly committee members along with your Age-Friendly Saskatchewan committee members!

What's Happening at SSM?

Older Adults Moving Forward

Facilitating Independence Grants Renewed for Year 5!

SSM's Facilitating Independence Grant (FIG) is returning for 2027! The deadline to apply is January 30, 2027. Learn more by clicking the poster below, or visiting **SSM Facilitating Independence Grant.** We will also be hosting an online information session:

Tuesday, January 5 from 10:30 am - 12:00 pm with Linda Restau, Program and Promotions Staff with SSM.

A Zoom link will be available in our next newsletter and sent directly to Age-Friendly Committees in December.



Facilitating Independence is a process that focuses on supporting older adults to live as independently as they wish to, in their **location of choice**. The goal is to provide supportive services and options which allow older adults to live a meaningful and freely chosen life, in their home and community.

The intent of the FIG funding is to experiment and support trial projects to learn more about innovative, sustainable models that will enable older adults to age well at home. Learnings may be valuable to other communities in the province.

Grant funding was provided to 12 organizations in 2026. Based on the success of former Facilitating Independence grant programs, the Saskatchewan Seniors Mechanism (SSM) has another approximately $200K in 2027 for one-time funding for microgrants/seed money to organizations that serve older adults, community groups, or other interested organizations to develop/pilot new approaches for providing supportive services to older adults.

Additional information on this opportunity including the application process, eligibility criteria, and timelines, is available on the SSM Website at: **skseniorsmechanism.ca**, or by emailing **programs@skseniorsmechanism.ca.**

For further information contact: programs@skseniorsmechanism.ca
Grant applications will be accepted by SSM until midnight on January 30, 2027

SSM Older Adults Moving Forward

SSM Hosting Provincial Summit on Social Prescribing



Click poster for PDF version

There is no cost to attend, but advance registration is required. Please register by emailing admin@skssm.ca by November 25.

Resources



In September and October, we welcomed Age-Friendly Allies to present information to our network relevant to their work and organizations. Leslie Quennell and Heather Dash of the Alzheimer Society of Saskatchewan and Effie Kosmas with Heart & Stroke, shared important information for individuals and communities! You can watch the recordings here:

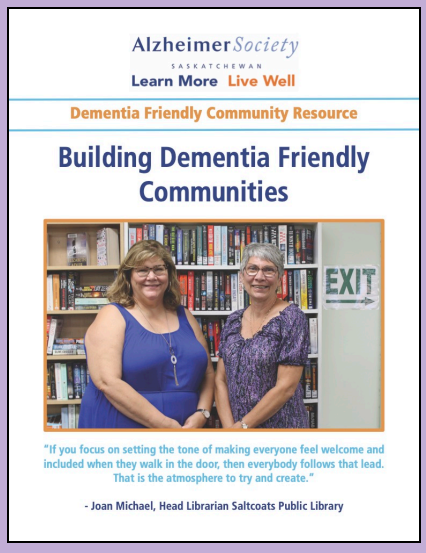
Alzheimer Society of Saskatchewan - September 16 Recording

Heart & Stroke Saskatchewan - October 14 Recording

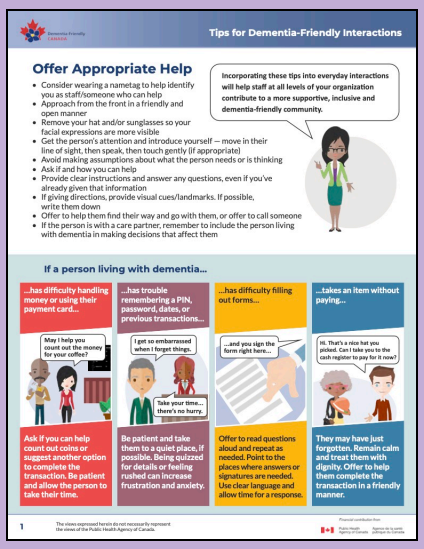
They also provided a wealth of resources for you to peruse:

From the Alzheimer Society of Saskatchewan, clicking on the images below will lead you to PDFs of

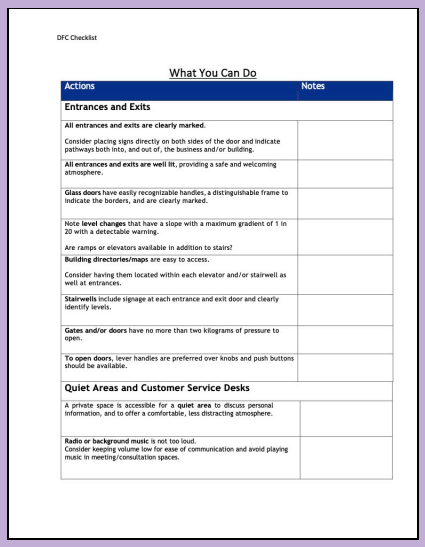
- an 8-page Building Dementia Friendly Communities document
- a 12-page Dementia Friendly Tip Sheets document
- a 6-page Dementia Friendly Checklist



Click image for PDF
Building Dementia Friendly Communities



Click image for PDF
Dementia Friendly Tip Sheets



DFC Checklist

What You Can Do

Actions	Notes
Entrances and Exits	
All entrances and exits are clearly marked. Consider placing signs directly on both sides of the door and indicate pathways both into, and out of, the business and/or building.	
All entrances and exits are well lit, providing a safe and welcoming atmosphere.	
Glass doors have easily recognizable handles, a distinguishable frame to indicate the borders, and are clearly marked.	
Note **level changes** that have a slope with a maximum gradient of 1 in 20 with a detectable warning. Are ramps or elevators available in addition to stairs?	
Building directories/maps are easy to access. Consider having them located within each elevator and/or stairwell as well at entrances.	
Stairwells include signage at each entrance and exit door and clearly identify levels.	
Gates and/or doors have no more than two kilograms of pressure to open.	
To open doors, lever handles are preferred over knobs and push buttons should be available.	
Quiet Areas and Customer Service Desks	
A private space is accessible for a **quiet area** to discuss personal information, and to offer a comfortable, less distracting atmosphere.	
Radio or background music is not too loud. Consider keeping volume low for ease of communication and avoid playing music in meeting/consultation spaces.	

Click image for PDF
Dementia Friendly Checklist

From Heart & Stroke Saskatchewan: each title is a separate link.

- **Risk Screen: Stay One Step Ahead of Your Risk Factors**
- **Heart-Healthy Recipes**
- **Eating Healthy as We Age**
- **The Saskatchewan Quit Smoking Challenge**
- **Stay Active: How Much Physical Activity Do You Need?**

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.

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