



Age Friendly Rosetown

July 2019

INSIDE THIS ISSUE:

Age Friendly Recognized	1
Program Updates	2
Support to Others	3
Reducing Isolation	3
Australia Friend	3
Upcoming Events	4

Rosetown Recognized by the Province as Age Friendly

To acknowledge the work being done across the province by communities to help seniors thrive in their home towns, the Government of Saskatchewan awarded Age Friendly status to three committees on December 5, 2018. This is the first time this recognition has been given in Saskatchewan.

Age Friendly designation! We were presented the plaque at the Legislative Building by the Minister of Rural and Remote Health, Greg Ottenbreit. Age Friendly Rosetown was also introduced by the Minister during the Legislative Assembly, along with kind words given by the Minister of Health, Jim Reiter.

in the community who helped make this happen—especially all those who shared their thoughts and ideas on what makes our town great and how we can improve, the Town of Rosetown for their support and local businesses and organizations who have time and again partnered with Age Friendly Rosetown on projects.

Thanks go to everyone

The communities who received this new designation had to show they had support from the municipal government, assess community needs, create and implement plans to meet those needs and develop an evaluation plan for activities.



Together we can do anything!

Congratulations Rosetown!

How Can You Help?

- Give us your ideas on what can better make Rosetown an Age Friendly place to live.
- Assess how Age Friendly your place of business or property is and take steps to improve it.
- Volunteer at a project put on by the Age Friendly Committee
- Be watchful for ways you can help out a fellow Rosetown resident—regardless of their age!

We are very proud to say Age Friendly Rosetown met the criteria and received



Program Updates



Benches

There is a new bench out in the community! This one is located in Lovett Park next to the library—a perfect spot to relax and enjoy the beauty of the park. A couple more benches are also in the works and hope to see them around town soon. Thank you to those who have purchased the benches so that they can be enjoyed by all.

For anyone wanting to sponsor a bench, they can

contact Age Friendly Rosetown or Bob and Amanda Bors of Prairie MetalArt to design a bench specific to your wishes. It can be for a memorial, business advertising, a local group, etc. You choose where you would like it placed and efforts will be made to make it happen. There is a cost of \$1000, which you will receive a tax receipt for through the Town of Rosetown.



Handrails for Sports Grounds Bleachers



You asked for them and they are here! The Town of Rosetown staff have added handrails to some of the bleachers at the sports grounds when they were in the shop this past winter getting spruced up. The remaining ones will be completed over the next two winters.



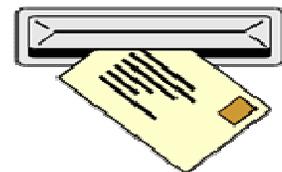
Pen Pals

We are sorry to say the intergenerational pen pal program that ran for a few months in 2018 was not continued into this year. There were a couple stumbling blocks, with a main one being not enough seniors and community members to correspond with the large number of kids who took part.

Age Friendly Rosetown has not given up on this program, though. It has merely been put on hold for the time being.

If you would be interested in participating in writing and receiving letters from local youth, please contact us and

we can add your name to the list for when we give this another try.



Supporting Local Programs for Seniors

Age Friendly Rosetown strives to help residents live their best lives by seeking ways to make the community safer and more inclusive for all. But we know there are many others in Rosetown with similar goals who we want to work with and support however can. A couple to note are:

- Volunteers have been leading exercise programs at various seniors housing complexes. We applaud

their dedication so provided exercise bands and stress balls to the ones at McNab Place and Oasis. Anyone leading classes elsewhere in town, let us know if you would like some as well.

- The Seniors Centre, a hub for many activities, have been given \$500 to help them update the electrical system in their building and paint the kitchen area.

If you have an idea how we can work with your group, let's talk about it!



Reducing Isolation in Rural Saskatchewan

Rosetown was asked to host a forum on May 1, 2019 to gather information on the prevalence of social isolation seniors may or may not experience in rural communities across the province. This study was a collaboration between the SK Population Health Evaluation and Research Unit (Universities of SK and

Regina), Alzheimer's Society, SK Seniors Mechanism and the Red Cross.

Thanks go to all those who came and shared their experiences, raised concerns for issues requiring attention and identified programs and actions where Rosetown is doing a good job of supporting one another.

Information gathered at the forum assisted with the provincial initiative's evaluation process, but also gave the Age Friendly Rosetown committee ideas for our own work plan.

Making International Friends

Age Friendly Rosetown met a new friend in September who also works towards age friendly, but does it many, many miles away in Australia.

Tricia Hiley, a resident of

Rosetown as a child, was back in Canada with her daughter and grandchildren showing them where she grew up. She also took time to meet with a member of Age Friendly here to tour the

Town and compare what work we are doing in our respective age friendly committees a world apart. So much to learn from one another!



Upcoming Events

There is lots going on in the coming months. Hope to see you at some or all of the events!

Barbecue

Come join us for a barbecue on August 7 from 4:30-6:30. It will be in conjunction with the downtown businesses sidewalk sale. Fuel up so you can do some serious power shopping! You can follow your nose to the delicious barbecue smells or just go directly to the corner of Main St. and 3rd Ave. East. There will also be entertainment.



Downtown Christmas Shopping Event

Age Friendly Rosetown will be teaming up with the downtown area again this year in November to help make the Christmas shopping event more enjoyable (and warm)! Details will be available closer to the night.

Old Time Christmas Music

Due to popular demand, Age Friendly and the Lions have already started making plans for the 2019 night of Christmas music. Mark Friday, November 29 on your calendars and start planning how you're going to jazz up your Christmas sweater!

Toast to Seniors Breakfast

Breakfasts to honour seniors will once again be held in the fall in partnership with the Rosetown and District Health Centre. Dates have not been chosen yet, but will guarantee a delicious, free breakfast for seniors—such important members of Rosetown. We cannot thank you enough for all you have done and continue to do to make this a great place to live!



Greeting Board

The Lions and Age Friendly are teaming up again. This time it is to take over as the caretakers of the Greetings Board in front of the Post Office in the holiday season.



Age Friendly
Rosetown

For More Information, Contact:

Crystal Storey

Phone: 306-882-2672 ext 2237

Email:

crystal.storey@saskhealthauthority.ca

