



Sunrise Update

OCTOBER 4, 2016



Age Friendly Communities and Active Aging

September 25th to October 1st was declared by the Ministry of Health as Seniors Week in Saskatchewan. This was a special time for communities to come together and recognize the importance and the contributions of older adults and seniors. In Sunrise Health Region, we are committed to making sure that we support the health of our older adults and encourage them to age in an active way.

A key characteristic of the Sunrise Health Region's population continues to be a population significantly older than the provincial average. The region's population is proportionately older than elsewhere in the province and one of the oldest in the country. Of the health region's population, 21% are over age 65 (provincially, 14.5%). Programs, services and supports for older adults in our communities are important to allow everyone the opportunity to continue maintaining their independence and enhance their quality of life as they age.

Age friendly is about creating communities that are barrier free, safe and respectful for everyone regardless of their age, their abilities or their culture and, in turn, it creates stronger, safer communities. Creating an age friendly community can be as simple as putting a bench in a park realizing there may be some with mobility issues who need a break. It is about looking at your community as a whole, some of the barriers that members might face and addressing them with respect for all.

The Active Aging Collaborative is a partnership between Parkland Valley Sport, Culture and Recreation District and Sunrise Health Region, as well as community groups and volunteers. It is a community-based, peer-directed program developed to enhance the physical activity of older adults who otherwise may not have the opportunity to participate. The overall goal of the program is to enable older adults to maintain quality of life, independence and expand active living opportunities. It can be incorporated into any community and is run by volunteers who take part in workshop training programs. To learn more about the positive effects of Active Aging, watch our video highlighting local participants on our website at www.sunrisehealthregion.sk.ca under the tab Education, Events and Links - Champion Your Health - Active Aging or visit Parkland Valley Sport, Culture and Recreation District at <http://parklandvalley.ca/community-programs/>.

All of our years should be alive with purpose and healthy activity for our bodies, minds and souls. Engage fully in life throughout your years to make active aging a positive reality.



For more information on age friendly community initiatives or on starting an Active Aging program, contact Chelsey Johnson at Parkland Valley Sport, Culture and Recreation District at 306-786-6586 or Michelle Rondeau with Sunrise Health Region at 306-786-0627.

There is an Active Aging workshop October 19th. To preregister, contact 306-786-6586.

Follow us on online for information on events and happenings throughout the region.

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