

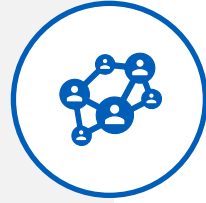
THRIVE AT HOME **SHOWCASE** HIGHLIGHTS

March 5, 2026

Executive summary

Since launching the **Thrive at Home Action Community** in April 2024, we've made tremendous strides as a community – proving a small group of passionate individuals can make a difference.

To celebrate our journey, we convened over **110 partners** to showcase our impact and spark inspiration for what's possible. We heard from community organizations, health system, government, and lived experiences. The following **key messages** emerged:



We are grounded in shared purpose

Participants expressed a deep sense of unity and common mission. The Showcase highlighted a community that believes in the same vision: supporting older adults to thrive at home through collective action.



An ecosystem approach is essential

Aging well depends on housing, transportation, income, belonging, culture, safety, and social connection just as much as clinical care, with many people falling through the cracks during service transitions. These determinants directly shape dignity, independence, and the ability to remain in community.



Solutions are rooted in communities and collaboration

While Thrive at Home builds the relationships, shared learning and trust are needed to tackle complex issues. Communities demonstrated that local, volunteer-led, cross-sector innovations are critical in reaching our goals.



People are hopeful for the journey ahead

Stories shared throughout the day highlighted both the emotional weight and meaning of this work. Despite system pressures, the room was filled with hope, courage, optimism, and a strong sense of commitment.

Together we celebrate. Together we accelerate.

The **Thrive at Home Showcase** was a day of celebration and an important next milestone for the Thrive at Home Action Community.

Together, we learned about promising practices emerging across the province, explored ways to contribute to improving the wellbeing of older adults, and generated fresh ideas to propel this work forward.

The day sparked new relationships, strengthened momentum, and welcomed new members into the Action Community.





The story behind Thrive at Home

Thrive at Home began by looking closely at what's happening across Saskatchewan – what the data shows, what older adults and caregivers say they need, and where people experience gaps in support.

By combining research with real stories and bringing partners together across sectors, a bigger picture came into focus: aging well depends on many interconnected supports, not just health care.

This understanding set the groundwork for a community-driven movement – one shaped by shared purpose, diverse voices, and the collective work of linking people, ideas, and solutions so more older adults can truly thrive at home.

The story behind Thrive at Home

This evidence-informed understanding made one thing unmistakably clear: **the solutions to aging in place do not sit within any single organization or sector.**

They depend on many partners bringing their perspectives, assets, and lived experience to the table.

As relationships formed with older adults, system partners, and community organizations, the network shifted its core question from “What’s wrong in the system?” to **“What matters to people and how do we link the right supports around them?”**

Through a convening approach that values shared purpose, diverse participation, and co-creation, the **Thrive at Home Action Community** was born.

Participants helped shape a **common purpose** – dignity, choice, safety, and belonging – and a flexible pathway for involvement, from staying connected to driving action through focused hubs.

This backbone support created the space, structure, and momentum for partners to learn from each other, illuminate promising practices across Saskatchewan, and begin testing solutions that no single group could achieve alone.



“

By bringing partners together, mapping the wider ecosystem, and creating space for shared purpose and small tests of change, we’re linking ideas and supports in ways that none of us could achieve on our own.

”

Chelsea Schwartz
HQC’s Program Director

“

Working together is not optional – it’s the only way forward.

”

To ground our day in community, courage, and collaboration, we began the day with the teachings of **Elder Nora McAdam**.

Her personal story reminded us of the deeper truth that meaningful change – whether personal or collective – begins with the courage to step into the unknown.

Together, her teachings remind us that progress is a shared journey rooted in learning, connection, and the unwavering belief that “nothing is impossible.”



Everything is fixable

Award-winning national health writer **André Picard** joined us at the Thrive at Home Showcase to share his perspective on what he's witnessed across the country and how we can transform our system to one that supports the health and well-being of older adults.

He emphasized that real progress depends on **collaboration across sectors**, not isolated fixes. The work ahead is significant, but it becomes entirely possible when people come together with **shared purpose** and a willingness to think differently. Meaningful change is well within reach when we connect around what matters most.



Coming together to move solutions forward

Stepping into the unknown with courage and curiosity, Thrive at Home is grounded in real stories and local data. We're linking people and ideas across sectors – not chasing a single fix but building the mix of supports that help older adults live well, safely, and independently at home.



Working together

A wide cross-section of community, health, academic, and volunteer partners arrived eager to learn from one another, surfacing early conversations on practical ways to thrive at home.



Whole-community approach

We leaned into an ecosystem view of aging well. Keeping older adults healthy and well is not the job of one sector – it's the work of an ecosystem.



Rooted in relationships

Thrive at Home connects people, shares what's already working, and supports small tests that can spread so solutions can emerge and grow from the ground up.

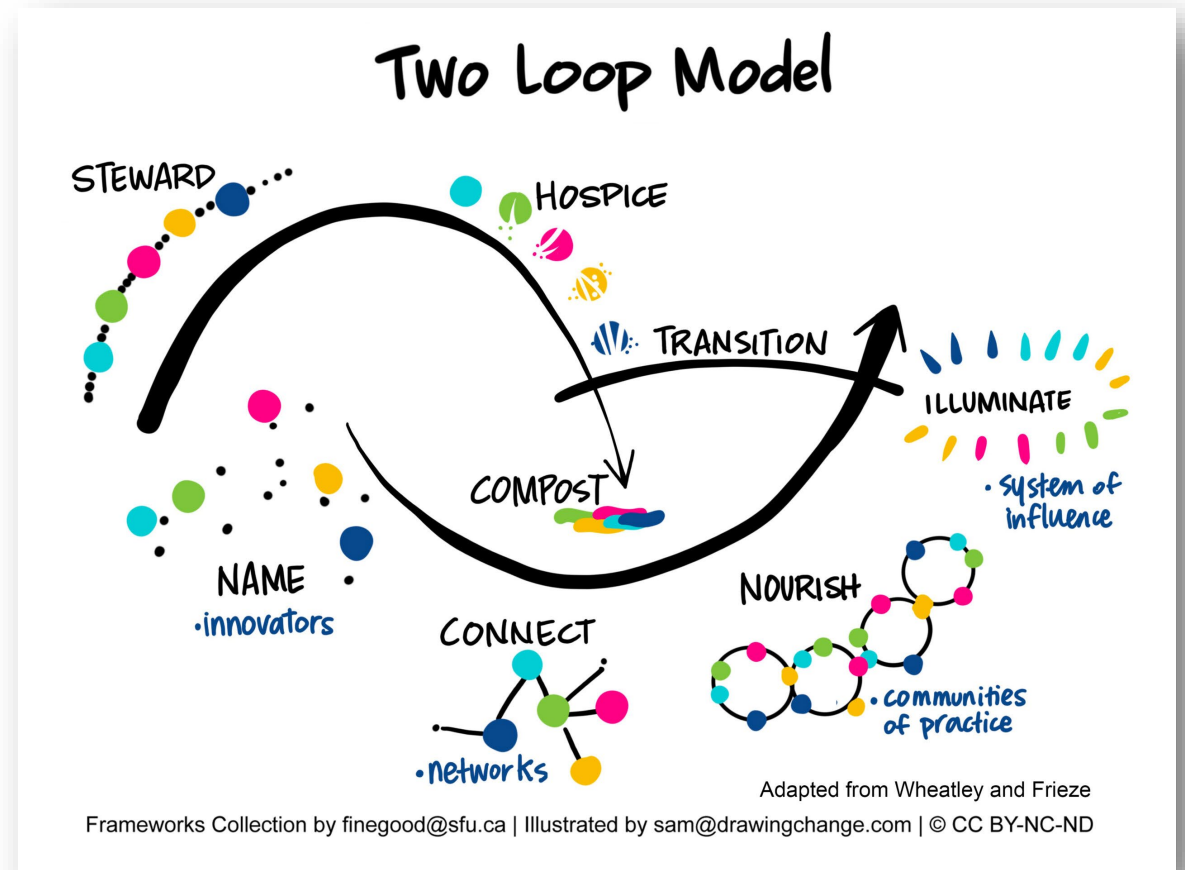
Piloting an evidence-based approach

As an improvement organization passionate about change, we looked to the **evidence** to see what effective practices or approaches create an environment for change in a complex system.

One model that really resonated for us is known as the **Two Loops Model** from the Berkana Institute. It's a simple way to see how change unfolds in living evolving systems – much like that of enabling aging in place.

This model reminds us that systems don't shift all at once – the old ways wind down as new ideas emerge and spread. When we intentionally identify and connect innovators and promising practices, they form networks and communities of practice.

As these networks strengthen, they “illuminate” what's possible and create a growing system of influence that can eventually shape broader provincial change.



Bringing the Two Loops Model to life



Fostering a network

Acting as a conductor of change by strengthening connections between those supporting older adults across multiple sectors, we're creating a community of shared practices, innovation, and support.

Nourishing new ideas

By creating space for experimentation, shared purpose, and collective learning, Thrive at Home helps new community-based supports take root and grow into a stronger, more coordinated ecosystem of care.

Learning and leading with evaluation

Our network is intentionally grounded in a learning-by-doing approach. Instead of waiting for perfect plans, we actively test ideas, gather real-time feedback, and let those insights shape our next steps.

This iterative approach helps us adapt quickly, respond to community needs, and continuously refine our efforts. We're also strengthening how we evaluate the network itself – developing new ways to understand our network health, the strength of our connections, and how effectively we enable action.

The Action Community is growing and becoming more connected, with participants increasingly recognizing Thrive at Home as a practical, collaborative space for learning.

Knowledge that sparks action

98% gained new knowledge

85% can point to an improvement they have made

High-value learning experiences

95% said learning circles offered practical insight

95% said their time investment provides clear value

Strength in community

76% feel a strong sense of belonging

67% achieved outcomes they couldn't alone

Action Hub spotlight: Transportation

Leading the way with community-driven, small-town solutions

While it may *sound* simple, transportation isn't a simple problem. Improving transportation access for older adults is a multifaceted challenge – one shaped by policy, resources, geography, and the day-to-day realities of aging.

The **Transportation Action Hub** began by mapping the current transportation landscape across the province. Through this process, they identified several interconnected barriers: limited coordination among services, uneven access across communities, resource constraints, funding challenges, and policy interpretations that created uncertainty for providers.

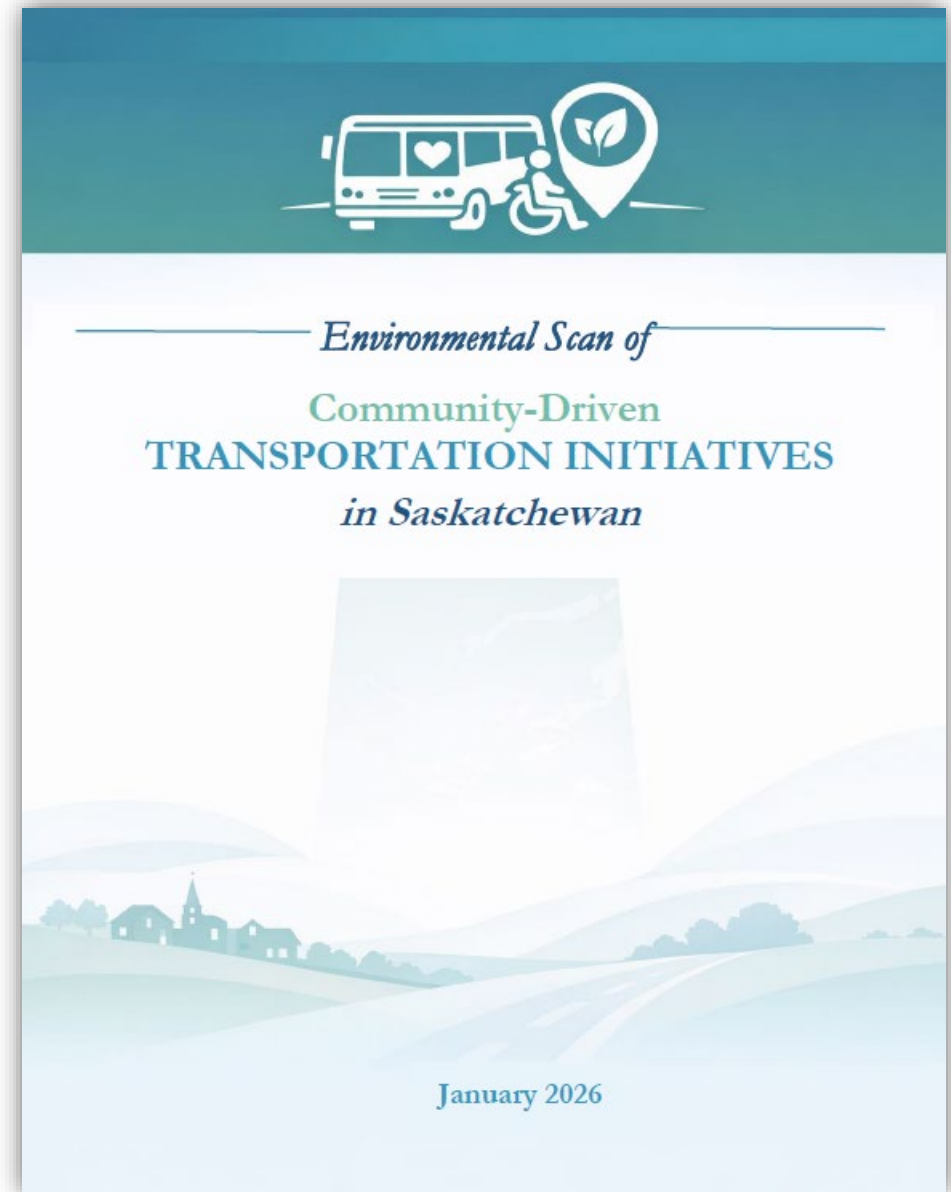
While programs existed, their ability to meet the needs of older adults was hindered by the absence of a cohesive, system-level approach.



Thinking provincially, acting locally

To deepen their understanding, the Transportation Action Hub secured a **\$10,000 Saskatchewan Health Research Foundation Align Grant** to support a student in conducting an environmental scan of community-driven transportation initiatives in the province.

By mapping promising practices across Saskatchewan, this scan provided a clear, evidence-based picture of what is currently available and where significant gaps persist.





STUDIO D

Transportation is about dignity and independence

“Transportation is a *lifeline*”

Dr. Jacob Alhassan

Transportation Action Hub Co-Lead

Community is the heart of change

“Neighbors helping neighbors – that’s where transformation begins”

Terry Kostyna

Transportation Action Hub Co-Lead



STUDIO D



Impact of our **network**

Throughout the Showcase, we explored how the Thrive at Home Action Community is helping Saskatchewan communities support older adults to live well at home. A key takeaway was that our impact as a network stems from our **connections, relationships, shared learning, and collaboration**. Together, we're creating tangible impacts, inspiring local innovation, and shaping a sustainable, connected future where older adults can thrive at home.

Insights from our panel

To exemplify what being part of the Action Community means for our members, we hosted a panel discussion with three active members and long-standing leaders in the health system:

- **Wendy Thienes**, Age Friendly Saskatchewan Coordinator
- **Joanne Michael**, Alzheimer Society of Saskatchewan
- **Curtis Newton**, Saskatchewan Health Authority

A shared sentiment emerged from all three panelists: this community-driven approach is creating meaningful change, highlighting the impacts they're most proud of, the encouraging shifts they're seeing, and what inspires their optimism for the future of Thrive at Home. For them, Thrive at Home represents choice and autonomy, empowerment for individuals, organizations, and communities, and continued opportunities for genuine connection and community-building.



Promising practices in Saskatchewan

Three Saskatchewan communities demonstrated how local innovation are already reshaping what healthy aging can look like – through social prescribing, transportation, primary care, and community-led approaches that meet people where they are. The key themes their presentations focused on were:

Moose Jaw



Filling community gaps and building sustainable supports

Swift Current



Just start, don't stop

Candle Lake



Find the “simple, small-town solutions”

How do we sustain momentum?

Reflecting on the progress to date, we asked our guest speakers: **what will it take to keep the work going?** Across Moose Jaw, Swift Current, and Candle Lake, a shared belief emerged: Change happens in community.



**Be okay with
uncertainty – just
embrace the mess**



**Use intersectoral
collaboration to
strengthen long-
term continuity**



**Inspire others to join
the work and build
programs that people
can see themselves
reflected in**

Feedback from our day together

What is the most valuable thing you're taking away from today?

Community stories, especially rural examples, were deeply motivating



“The strength of rural communities with the work they are doing.”

“Knowing small towns can get services that they need.”

The keynote and speakers created pride, inspiration, and credibility



“A feeling of pride. Inspired by the work of our colleagues. Really enjoyed Andre Picard.”

“Presenters and panel were a great learning.”

People left with renewed motivation and concrete next steps



“I feel re-energized to share the info.”

“Engage social prescribing partners into my Patient’s Medical Home work.”

Where our community is today

Recognizing the evolving demands of everyday life, we've made participating in the Thrive at Home Action Community accessible and adaptable based on your interest and capacity. With a shared infrastructure and flexible participation pathway, members can choose their own adventure when it comes to how to get involved, including **monthly learning circles** to spotlight promising initiatives across the province and create space for shared learning, **quarterly community meetings** to share progress, and regular **Action Hub working meetings** to try ideas and spread promising practices.

This pathway is also anchored in our theory of change – in that if we build wide and deep connections and create opportunities for shared learning, opportunities for collaboration will emerge and drive collective action.

PARTICIPATION PATHWAY



“
**This network is
where ideas grow,
partnerships form,
and solutions take
shape.**
”

Chad Ryan

Assistant Deputy Minister of Health responsible
for Continuing Care, Drug Plan and Extended
Benefits with the Government of Saskatchewan



Praise for our Action Community

“

**Choice.
Autonomy.
Empowerment.
Connection”**

“

**Don't
underestimate
what you will
gain and
contribute by
being part of this
community.”**

“

**Networks are
people – not
structures.”**

“

**Just do it.
Jump in.
The community
will meet you
where you are.”**





Join the Thrive at Home Action Community

“Come as you are – every idea is
welcomed, respected, and valued.”

– Action Community member

Acknowledgements

Our heartfelt thanks to everyone who contributed to the planning, design, and successful delivery of the **Thrive at Home Showcase**. We are especially grateful to **Elder Nora McAdam** and **Cultural Advisors** for grounding the day in what matters, to **André Picard** for his thought-provoking reflections, and to the **Thrive at Home Action Community** and **Action Hubs** members for sharing the work underway in Saskatchewan. Your insight, generosity, and collaboration made this gathering possible – and are powering what comes next.

Showcase Team:

Chelsea Schwartz • Chris Plishka • Diane Mueller •
Ellie Leclerc • Jennifer Wright • Justine Cleghorn •
Tami Waldron

Showcase Presenters:

Curtis Newton • Jacob Alhassan • Joanne Michael •
Marianne Kostyna • Robbie Gamble • Rom Jukes •
Terry Kostyna • Wendy Thienes

Insight Team:

Beliz Açan Osman • Kelsey Kevinsen •
Suelen Meira Góes

Appendix A

Thrive at Home Showcase Agenda

March 5, 2026

TCU Place – Main Floor Gallery ABC
35 22nd Street East, Saskatoon, SK

MORNING

8 a.m. **Breakfast & Registration**

9 a.m. **Welcome & Opening Remarks**

Grounding ourselves in a sense of community and collaboration

9:30 a.m. **Facilitated Networking**

10 a.m. **Overview of Thrive at Home**

10:15 a.m. **Keynote —André Picard**

Inspiring us to use our collective voice to drive meaningful change

10:45 a.m. **Networking Break**

11 a.m. **Thinking Provincially, Acting Locally**

Highlighting our journey as a network while spotlighting stories of impact

12 p.m. **Networking Lunch**



AFTERNOON

1 p.m. **Community Spotlights: Healthy Aging**

How communities are identifying and leveraging collaboration to support older adults in:

- Candle Lake
- Moose Jaw
- Swift Current

2 p.m. **Networking Break**

2:15 p.m. **Panel Discussion**

Exploring the impact of our network with perspectives from:

- Wendy Thienes
- Joanne Michael
- Curtis Newton

3:10 p.m. **Reflections with André Picard**

3:30 p.m. **Next Steps**

4 p.m. **Optional Social**

Appendix B



WEAVE OUR TAPESTRY

A collaborative activity designed to symbolize our interconnectedness, shared purpose and the unique lived experiences each of us brings to this event. This simple, hands-on activity reflects how individual contributions come together to create a stronger, more vibrant whole.

1. Select a colour that represents one of your backgrounds, identities, or roles
2. Weave it in to the tapestry in a way that holds meaning for you
3. Watch our shared tapestry come to life

Your thread is an essential part of our story. Thank you for contributing to our shared tapestry.

SASKATCHEWAN
HEALTH
QUALITY
COUNCIL

