CENTRE ON AGING AND HEALTH
at the UNIVERSITY OF REGINA

CAH Award for Innovation in Health and Wellness

(Updated: October 2026)

The Centre on Aging and Health (CAH) Award for Innovation in Health and Wellness serves to recognize Regina-based individuals, groups, or organizations offering health or wellness services to older adults. The award recognizes those who have introduced an innovative approach to service provision or who have conducted field research to evaluate services or programs for older persons.

Services may be related to:

- healthcare and healthcare delivery,
- mental health,
- exercise
- nutrition,
- social participation and inclusion, and/or
- community support.

Winners will be presented with the award during a CAH-organized event open to the public (e.g., at the annual University of Regina CAH Distinguished Lecture). Award winners will also be featured in the *CAH Newsletter* and on the CAH website. The winner will be presented with a commemorative certificate and will be offered formal affiliation with the CAH. The award does not have monetary value.

Eligibility and Adjudication Criteria:

1) Nominees cannot be full-time University of Regina employees.
2) The activity recognized should be taking place within the greater Regina metropolitan area. In exceptional circumstances, we will consider outstanding individuals or groups working and based in rural areas elsewhere in Saskatchewan.
3) Nominators can only nominate one group, organization, or individual per year.
4) The primary criterion will be the formal introduction of an innovation that:
    a. improves health or wellness for an older person or for older people, and/or
    b. successfully advocates action leading to health or wellness improvement, and/or
    c. systematically evaluates services for older adults, making recommendations that have led to implemented improvements.
5) One award will be given per calendar year. The award does not have to be given every year. The adjudication committee will make that decision.
6) The award does not have monetary value.

Nomination Procedures

Deadline for nominations is **November 30, 2026**.

Nominations (of 8 pages or less for the complete package of materials) will be accepted from colleagues and/or service recipients or their family members and must include:

- A short nominee biography
- A short description of their innovation
- Letters of support

Nominations are to be submitted to Kathryn Smart, CAH Administrator, by the above deadline (Kathryn.Smart@uregina.ca).

Late or incomplete nominations will not be accepted. The CAH Award for Innovation in Health and Wellness Nomination Form is available on the CAH website: https://research.uregina.ca/cah/about-cah/innovation-in-health-wellness-award/.

Nominations may be made in hard copy or electronic format (here via the form below).

Nomination receipt will be acknowledged by e-mail. If your nomination is not acknowledged, please contact the CAH Administrator at 306.337.8477 or Kathryn.Smart@uregina.ca.

Consideration of Nominations

An adjudication committee will judge the applications. The committee will consist of the CAH Administrator and 3 older adult volunteers from the community.

The adjudication committee will report to the Director of the CAH and must render its decision within two months from each nomination deadline.

For further information, contact:

Kathryn Smart, CAH Administrator
Kathryn.Smart@uregina.ca
306.337.8477

Nomination for Centre on Aging & Health Award for Innovation in Health and Wellness

Nominee Name			
Address			
Telephone		**Email**	

Nominee Biography

Please give a brief description of the nominee. Indicate in what capacity you know the nominee, details about their work or volunteer experience—their affiliation(s) and title(s)—and other details you feel are relevant to this award.

Innovation Description Please describe the innovation, the impact of the innovation, and the reasons why the innovation is significant to services or programs for older adults.

Nominator Name	Date	Nominator Signature

Nominator Email	Nominator Phone Number

Please send your application to:

Kathryn Smart, CAH Administrator
University of Regina
Centre on Aging and Health
c/o Psychology Dept. - AH 345
3737 Wascana Parkway
Regina, SK, S4S 0A2
CANADA
Or via email: kathryn.smart@uregina.ca
More information about the CAH: *www2.uregina.ca/cah*