



AGE FRIENDLY Manitoba

Communities committed to
healthy, active aging

Mission: To facilitate healthy aging by providing leadership and encouraging collaboration in creating age-friendly places (communities) that optimize the ability of all older Manitobans to do the things they feel are important.

MOVING AGE-FRIENDLY (AF) FORWARD

Your age-friendly community is in good company, globally, across Canada and throughout Manitoba. Yours is one of 90 Manitoba communities that have embarked on the journey of becoming more age-friendly, sharing in a unique vision that integrates a community's social environment - the people part, with the built environment - the place part. There are fundamental outcomes everyone wants from the community in which they live - healthy active lifestyles, staying in their neighbourhood, feeling safe and being valued and respected.

This new e-newsletter will arrive in your inbox monthly and we encourage you to share the information widely in your community. The Manitoba Association of Senior Centres (MASC) is providing leadership to the Age-Friendly Manitoba Initiative and this includes the services and consultative support offered by the Age-Friendly Resource Team.

Members of the Team have recently conducted phone interviews, perhaps with you, as we endeavor to take the pulse of initiatives at the community level. We want to express a heartfelt thank-you for the meaningful input we received and want to share some of the findings:

- The AF initiative is alive and well in many communities but in others, interest and action has waned
- Many communities are looking for ways and means to re-activate, refresh and renew
- Local government is a key player in success moving forward but there is recognition that success is a shared responsibility
- Amalgamations, elections and competing demands have dimmed awareness of AF in some communities
- Engaging volunteers and community champions is important but not always easy
- Several communities would like to participate in a network to share promising practices.

The Team appreciates the perspectives that have been shared through this consultation process and we will share our ideas in future newsletters as we look for ways to collaborate with you in your age-friendly journey.

MASC is very excited to introduce all of you to the most recent community to join the AF Manitoba Initiative, Pine Dock ...

Research Project on the Impact and Sustainability of Age-Friendly Community Initiatives in Manitoba

A team of researchers from the University of Manitoba and Brandon University has partnered with the Age-Friendly Resource Team to find out what's been happening in communities that are part of the

Age-Friendly Manitoba Initiative. In this 3-year research project, the researchers aim to find out how communities have become more age-friendly, what has worked well and what challenges have been

encountered, as well as, what the impact of the age-friendly initiative on older people and the community, and what would help communities sustain or revitalize the

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initiative. Dr. Verena Menec (Community Health Sciences, University of Manitoba), who is the lead on the project, first started to research age-friendly communities in 2006, when Portage la Prairie became one of 33 cities around the world that participated in the World Health Organization Global

Age-Friendly Cities project. This project was the beginning of the global age-friendly movement and set the stage for the Age-Friendly Manitoba Initiative. Both she and her colleagues, Drs. Richard Milgrom (City Planning, University of Manitoba) and Nancy Newall (Psychology, Brandon University)

have since been involved in numerous projects on age-friendly communities. The team hopes that their research will help communities on their journey to become more age-friendly and, ultimately, will benefit older adults in their daily lives.



AF MANITOBA INITIATIVE: PINE DOCK

Pine Dock is a small fishing community by Lake Winnipeg with a population of 55 (2016 census) with over half the population age 55 years or older. In February 2020, following a community council resolution to support, promote and work toward the coming becoming more age friendly and a community round table to develop age friendly priorities, Pine Dock was designated as an Age-Friendly Community through Manitoba Health, Seniors and Active Living Department.

During the past 6 months, discussions and planning have taken place to address the priorities established from the community round table meeting. Park benches

have been purchased and placed in locations throughout the community which provide a resting, visiting and reflective spot for community members who are out walking. Discussion has commenced with local businesses in the area for support of updating playground equipment and increased use of the green space...for residents and for children and grandchildren who come to visit.

A BBQ and lawn games evening were held to celebrate Manitoba's 150 Birthday on July 15th. There was a great turnout with 35 people attending with ages ranging from 1 year old to 80 years of age!



Lots of laughter, visiting, friendly competition, and good food. There were challenges and concerns with COVID 19, but physical distancing was encouraged with the gathering being held outside, setting up of seating arrangements and food prep and serving being done with masks and gloves. It was a great community evening!



Like this newsletter? Please share it with others in your community



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