



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.

THOMPSON COLLABORATION ADDRESSES FOOD SECURITY

The Thompson Seniors Community Resource Council (TSCRC), a non-profit charitable organization in the City of Thompson, recognized that COVID restrictions placed extra-ordinary burdens on seniors/elders with low incomes and mobility challenges.

So in the spring of 2020, they developed an idea for a program to help address these issues. The program was appropriately called "Food on the Table for Winter".



The initiative started in December 2020 running until March 31, 2021 providing ten participants a weekly food hamper valued at \$60. The program was made possible largely due to a generous grant from Thompson Community Foundation and a donation from Remax Thompson. Advice and expertise of Ma-Mow-We-Tak Friendship Centre provided insight into how to make this program successful.

"Winter is hard enough on most of us older people, without the addition of COVID isolation, above average snowfalls and difficulties getting around," said Chairperson Linda Dearman. "When you consider that some seniors and elders have barely enough money to pay rent, you can understand why they may have to scrimp on the food budget. We just wanted to provide access to more healthy food choices for this group of people."

"Food security is a real and frightening factor for many of our older population," commented Kate Roth. It's nice to have been part of an initiative that could help alleviate that concern for some of our more senior residents".

"The participants appreciated it so much," added volunteer Molly Stapleton. "Often they would look through the bag or box as if it were a birthday or Christmas present, especially the people who had a grandchild living with them."

In addition to Linda, Molly and Kate, five more volunteers, Jean Pankratz, Greg and Chris Pelchat, Cora Stapleton and Heather Bonner, faithfully delivered hampers regardless of weather. The TSCRC has applied for and received an additional grant to continue to put food on the table for low-income seniors/elders during the summer, too.

This is an example of creative collaborative efforts among organizations that contribute to an age-friendly community.

For more information, contact Penny Byer at thompsonseniors55@gmail.com or phone 204-677-0987

Thank You For Staying Connected

From the Age-Friendly Manitoba Resource Team

Given our many challenges this year - the pandemic and the extra responsibilities put on communities, we, the Age-Friendly Manitoba Resource Team, wanted to say express our gratitude for taking the time to speak with us this past month – Thank you!

Your thoughts, insights and feedback are important to us no matter where you are on your age-friendly journey. We have learned that in some communities, the Age Friendly committee is very robust and other committees are reportedly “inactive.” We also know that an “inactive” committee does not mean that Age Friendly things aren't happening.

Networking and collaboration cannot be overstated as we continue to build stronger, resilient communities for all ages. Over the past year we developed tools and information that could be helpful to you. We were and continue to be happy to share these resources with you.

Thank you for your stories of collaboration and successes; they are inspiring and fantastic learning tools – and reasons to celebrate! We also appreciate hearing about the challenges you face. We cannot progress unless we acknowledge and work through struggles. Know that we are willing to assist your community along its path in becoming more age-friendly. We are genuinely invested in an Age-Friendly Manitoba for all communities and look forward to continuing our collaborative relationships with you. Please feel free to contact us at: **hello@agefriendlymanitoba.com** or visit our website where we will post your inspiring stories: **www.agefriendlymanitoba.com**

With Appreciation! Connie, Mary, Louise,
Don & Brenda

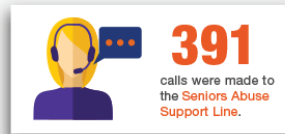
ABUSE OF OLDER ADULTS IN MANITOBA

HELP MAKE
A DIFFERENCE

Join the team!



Since 2002, the Manitoba government has led a provincial elder abuse strategy focused on elder abuse prevention. **Results below highlight work from April 1, 2020 - March 31, 2021.**



PEAM has adopted the **It's Not Right: Neighbours, Friends and Families** approach to educate and engage communities to respond to older adult abuse.



Seniors Abuse Support Line

Manitoba's provincial Seniors Abuse Support Line is answered by trained counsellors who provide information and referrals to help.

1-888-896-7183



CANADA HEALTHY COMMUNITIES INITIATIVE

The Healthy Communities Initiative is a \$31 million investment from the Government of Canada to transform public spaces in response to COVID-19.



The Healthy Communities Initiative supports communities as they create and adapt public spaces, and programming and services for public spaces to respond to ongoing needs arising from COVID-19 over the next two years. This \$31 million investment from the Government of Canada will fund small-scale infrastructure projects to create safer, more vibrant and inclusive communities. Community Foundations of Canada (CFC) and its network are working alongside the Canadian Urban Institute (CUI) and other partners to deliver the Healthy Communities Initiative locally.

The Healthy Communities Initiative encourages community-level innovation and improvements in the quality of life for residents. As local communities continue to adapt to COVID-19, local governments and community partners across the country in urban, rural and remote communities are discovering new ways to keep residents safe and healthy, support economic recovery and rebuild communities to be pandemic-resilient.

The term infrastructure is popularly understood as the provision of roads, buildings and power generation plants. While physical infrastructure is important, there's increased recognition of social infrastructure and digital

infrastructure. These forms of infrastructure—physical, social and digital—contribute to community health outcomes. Moreover, various types of infrastructure projects often overlap and are co-led by a wide array of stakeholders such as: urban planners, public health professionals, grassroots neighbourhood groups, artists, cycling advocates and social service providers.¹

The Healthy Communities Initiative generated significant interest across the country and communities have shown creativity and resourcefulness in proposing projects that enable people to connect and access public spaces safely. The first round of the Healthy Communities Initiative was launched on February 9, 2021 and closed on March 9, 2021. Successful projects from the first intake have been and will continue to be announced in the coming weeks. The first round of the Healthy Communities Initiative was highly competitive. As communities continue to see the impact of the pandemic, we received a significant volume of applications for the first round of the Healthy Communities Initiative with over 3,000 applications. The second intake will open on May 14, 2021, and close on June 25, 2021.

To apply or download the applicant guidelines please visit: <https://communityfoundations.ca/initiatives/chci/>



Safe and vibrant public spaces



Improved mobility options



Digital solutions

1 Contribution by Jay Pitter, MES



CONTACT OUR CONSULTANTS

Don Fletcher
Mary Mitchell

Jim Hamilton
Connie Newman

Louise Hutton
Brenda Tonn



Through MASC - Connie Newman at (204) 792-5838 or info@manitobaseniorcentres.com and hello@agefriendlymanitoba.com or visit our website: www.agefriendlymanitoba.com



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