



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.

211 MANITOBA IS AGE FRIENDLY

Using 211 as an information resource is very important for all Manitobans.

Today in Manitoba 211 is both digital (on line) and by phone. Anyone may find information and contact numbers for services near their home/community.

211 Manitoba is a free, confidential, 24/7 service that connects individuals to government, health, and social services that are available across the province. The service helps Manitobans who are looking to find the right community or social resource but don't know where to start. 211 Manitoba also makes it easy for service providers and first responders to direct others to the right resource.

Services are grouped together into categories that include food and clothing, housing and homelessness, health, mental health, employment, newcomers, children and parenting, and youth.

United Way is hoping to move to full-service 211 which we anticipate including text, and/or online chat capacity.

Information on 211 is for

- Individuals looking for support for themselves and their family
- Front line service providers
- First responders
- Health care practitioners
- MLA Constituent Assistants
- Municipal offices
- Vulnerable populations (e.g., homeless)
- Locations with community computer access
- YOU



211 Canada

211 Manitoba is part of the broader 211 Canada national network. Across the country, 211 connects over 60% of Canadians to the right information and services, strengthens Canada's health and human services, and helps Canadians become more engaged with their communities.

This coordinated national network allows individuals to look for local resources in communities across Canada, enabling them to assist family members, friends, and clients living in other provinces. The national network also provides the ability to gain a deeper understanding of the health and social service needs across our country.

RE•TURN TO ACTIVE AGING CELEBRATIONS!

Active Aging in Manitoba (AAIM) is excited to re-launch Active Aging Week, October 4-11th with a focus on fun, participation, engagement, and safety and encourages all Manitobans to get involved.

GETTING INVOLVED

An opportunity for all communities and groups throughout Manitoba to plan, promote, and host a free activity or event to engage people 50+ years of age between October 4th -11th. It's your turn to shine.

Contact us info@activeagingmb.ca or **204-632-3947/ toll-free 204-1-866-202-6663** and we'll register your Active Aging Week event and add it to a calendar and virtual map on our website.

We encourage celebrating an active lifestyle for older persons however you choose (abiding by public health orders), to renew connection in our communities.

Check out activeagingmb.ca for ideas to help you get started.

ACTIVE AGING WEEK EVENTS:

October 4-10 - Healthy Aging Online Challenge:

AAIM partners with the Wellness Institute for a free online challenge. Register at wellnessinstitute.ca/AA-challenge to get daily email tips on healthy aging. Challenge yourself to complete the healthy aging activity of the day and track 3 important health habits throughout the week.

October 6 – A Walk in the Park: Connecting People with Nature

Save the Date & mark your calendar!
Come and join us for Fun & Fitness in the Park!

AAIM for Outdoor Wellness: A Walk in the Park



WHEN & WHERE: Wed, October 6th, 10am - 2pm at Kildonan Park



Join us at anytime during the day for FUN in the park!
(it's FREE & no registration required)

Enjoy some age-friendly activities & demonstrations,
try out a few Manitoba 55+ Games & learn something
new from one of the brief educational sessions.

For more details on this and other upcoming events,
Please visit: www.activeagingmb.ca

Health Checks

There's a Whole Lot of Living Left To Do

Over the past three years, Age Friendly Brandon and Age Friendly MB Resource Team has worked collaboratively with a large multi-stakeholder committee; consisting of fourteen non-profits that represent local and Provincial organizations, our Regional Health Authority, concerned citizens and consultants from two Universities, retired professionals, along with Government officials from Municipal, Provincial and Federal levels. This committee organizes an event based on a multisectoral model approach on Ageing in Place themes that addresses the needs and gaps in the City of Brandon, and surrounding area. This Expo is supported by evidence based research and the WHO's Age Friendly Communities and Cities.

Health Checks – There's a Whole Lot of Living Left to Do's originated as a free one day event. It was designed to benefit individuals and families who were seeking information and support that put a focus on sustainable healthy Ageing in Place. The Expo offered preventative advice, interventional screens and select assessments with potential information for attendees' physicians. The kiosk area featured educational information, including service and support providers, activities and demonstrations. Speaker sessions provided essential information for independent and active living. The Expo focused on what is happening in Brandon in terms of activities, socialization, and access to required information to remain independent and active members of the community.

However, due to the COVID-19 pandemic and the uncertainty regarding potential restrictions the event is running virtually this year on October 1st and 2nd, 2021. The event is based on surveys that we did earlier this year to see what individuals, community organizations

and professionals saw as the needs of older adults in Brandon and surrounding area. This year's event is using a conference style

platform called Hopin. Hopin offers speaker rooms, a virtual display room and chat or face time areas for consultation. Hopin is easily accessed through using Face book and our Hopin designer is also providing user friendly information on how to access prior to the event for anyone interested but unsure how to use. Also for those who do not have access to the internet we have the community television station to showcase speaker presentations. WCGtv reaches over 40 communities in and around the Southwestern area of Manitoba ranging from as far north as Swan River to the Saskatchewan Border, to the American Border, and to the municipality of Treherne. This region is also encompassed by the local Regional Health Authority, and is recognized as having the largest older adult population per capita in Manitoba.

Health Checks launched a website on October 1st, 2020. The website includes digital screens and checklists, information, presentations, resources, local supports and sponsors.

For more information about what we are doing please email healthchecksbrandon@gmail.com or check out our website at www.brandonmbhealthchecks.ca

Or to register: <https://hopin.com/events/health-checks>



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