



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.

CRITICAL LINKAGE — THE ISOLATED PERSON AND THE PLACE THEY LIVE

With 60 member organizations and over 90 age-friendly communities across Manitoba, the day-to-day work of MASC is driven by our commitment to provide leadership and encourage collaboration, in creating a network of communities committed to healthy, active aging. With funding from Manitoba Health, we are extending our reach and have developed new resources to support our shared interests.

Age-friendly communities recognize the importance of integrating both the social environment (the person) with the built environment (the place). All communities offer resources as well as barriers; both impact a resident's ability to do the things they need to do when they need to do them.

Funding from the Federal Government's New Horizons Program is allowing us to collaborate with a few selected communities to undertake a demonstration project titled Critical Linkage – the Isolated Person and the Place They Live. There are people (of all ages) in all communities, who are more isolated than others. Information is power! Access to information may allow a person to become better connected and therefore less isolated.

Communication and Information is one of eight age-friendly domains. In researching and developing the age-friendly model "focus group participants strongly agree that staying connected with events and people and getting timely, practical information to manage life and meet personal needs, is vital for active ageing." WHO Global Age-friendly Cities: A Guide, p. 60

Social Isolation may be viewed as "the absence of social interactions, contacts, and relationships with family and friends, with neighbors on an individual level, and with "society at large" on a broader level." Institute of Medicine (US) Division of Health Promotion and Disease Prevention

Through this project, each of our four Age Friendly Resource Team members will work with two of their age-friendly communities over the next six months, to better understand how effective communication can help people to better connect to their community and reduce social isolation.

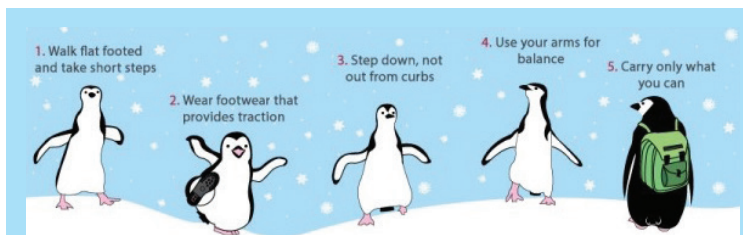


CONTINUED ON PAGE 2

THROUGH CONSULTATION AND COMMUNITY COLLABORATION, WE WILL WORK WITH COMMUNITY LEADERS TO:

- engage and better connect key players to each other
- identify and assess existing communication mechanisms and their intended audience
- determine if older people are receiving the information and resources they need to feel and be connected.
- identify and address barriers and resources that impact communication in the community

As the project concludes in the Spring, we will be able to share experiences with communities across Manitoba, based on what we heard and lessons we learned. Throughout the project, the Team and the selected communities will benefit from a reference group comprised of members of the Manitoba Municipal Administrators Association as well as consultation and input from the Association of Manitoba Municipalities.



Safe Winter Walking Tips

Do the "Penguin Walk" shown above to avoid slips this winter!

If you lose your balance and start to trip, keep these tips in mind to reduce injury:

1. Roll with the fall. Avoid falling forward by twisting and rolling backwards.
2. Relax as much as possible when you begin to fall.
3. Toss whatever you are carrying, Protect yourself, not objects!

SEASONS Greetings

From Our Manitoba Team

- Supporting Senior Centres and Age Friendly Community Development-

Board of Directors (2021 – 2022)

Past President – Tom Farrell (Victoria Beach – Senior Scene)
 President – David Scott (Winnipeg – Dakota 55+)
 Vice President – Jeanette Edwards (Stonewall – South Interlake 55+)
 Secretary – Barbara Blake (Brandon – Seniors for Seniors)

Members at Large

Kim Armstrong (Dauphin – Dauphin MP Senior Centre)
 Jose Chinchilla (Winnipeg – Seven Oaks)
 Susan Fletcher (Winnipeg – PAL55+)
 Doreen Stapleton (Sandy Lake – AF Harrison Park)
 Yan Jiang (Winnipeg – Winnipeg Chinese Seniors Association)

Consultants

Executive Director – Connie Newman (Winnipeg)
 Book Keeper – Carol Sandilands (Winnipeg)
 Web master – Sean Sagert (Winnipeg)

Jim Hamilton (Winnipeg)
 Mary Mitchell (Winnipeg)
 Don Fletcher (Winnipeg)
 Louise Hutton (Headingley)
 Brenda Tonn (Plumas)

AGE FRIENDLY Manitoba

MASC

MAY THIS HOLIDAY SEASON BRING YOU MUCH JOY AND HAPPINESS



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

