



# 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.

## CONNECT TO THRIVE IN 2022

Here are some tips to help you cope with change positively, focusing on connections to help you thrive, what really matters.

"It's not what we have in life but who we have in our life that matters." Margaret Laurence

### CONNECTIONS WITH NATURE

Go outside! Enjoy the winter weather. Research shows the physical and mental health benefits of enjoying the outdoors. Play with your children or grandchildren – embrace winter!

### CONNECT WITH TECHNOLOGY

It's a great time to connect via phone or computer with old friends and distant family members. You have the power to be the highlight of someone's day!



### CONNECT PEN WITH PAPER

Drop a note in the mailbox of your neighbours to wish them a healthy New Year. Write a letter to a distant relative or friend – to let them know you are thinking about them. Consider sending a personal note to an isolated older adult who can't get out much.

### BE GRATEFUL FOR YOUR CONNECTIONS

Take a few minutes today to think about all the reasons to be grateful. This is the time to thank all those who enrich your life by providing necessary services (mail

person, grocery store clerk/delivery, etc.), along with your family, friends and loved ones.

### COMMUNITY CONNECTIONS

Check out the virtual programs your local community centre or gym are offering now. As public health orders allow, consider joining a class; a walking group, stick curling group, etc., whatever suits you. Research shows that having strong social connections can improve longevity by as much as 50%.

### CONNECT & GIVE BACK TO YOUR COMMUNITY

Share your expertise and help reduce social isolation. Volunteer Manitoba [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca) has an extensive list of opportunities, as does AAIM and other not-for profits. Volunteering for a purpose has been shown to have a positive impact on our health and helps you to stay connected to your community.

### BE HAPPY AND CONNECT

Every day take the time to be more mindful. The latest research from Harvard indicates that the practice of being in the moment improves happiness which impacts your overall physical and mental health.



## CONNECT WITH YOURSELF

Give yourself the gift of relaxation. Take time for yourself by curling up with a good book, watch a movie, or take a nap!



## CONNECT WITH A FRIEND OR NEIGHBOUR

Walking and talking is a great way to make a new connection, renew a friendship and get the benefit of some physical activity! Current recommendations are that we do not sit for more than 30 minutes at a time. Physical activity guidelines of accumulating 150 mins. per week can be broken down to 10-minute bouts. Remember to include some balance exercises each day. Try to follow this recommendation today.

## CONNECT WITH YOUR INNER OPTIMISM

Recognize your strength by thinking of moments in life that you overcame. Remind yourself that you got through it (even if you didn't think you would) and you can handle this, too.



## MAKE IT YOUR NEW YEAR RESOLUTION TO BE SOCIALLY ENGAGED!

Join A & O: Support Services for Older Adults Senior Centre Without Walls program, it is the first of its kind in Canada and offers a unique opportunity for Manitobans, 55+, to join educational and interactive programs from the comfort of their own homes. Programming topics include educational presentations, language classes, book clubs, travelogues and support groups. The free programs are accessed through a toll-free number and are offered during the day and evenings.

## AGEING and HEALTH



Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.



By 2050, 80% of older people will be living in low- and middle-income countries.

### ► EVERY OLDER PERSON IS DIFFERENT



Some have the level of functioning of a 30 year old.

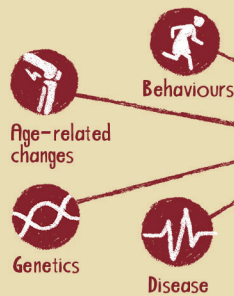


Some require full time assistance for basic everyday tasks.

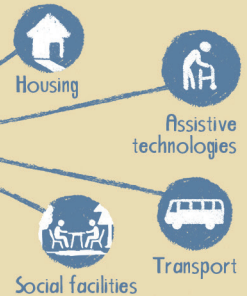
Health is crucial to how we experience older age.

### ► WHAT INFLUENCES HEALTH IN OLDER AGE

#### INDIVIDUAL



#### ENVIRONMENT THEY LIVE IN



### ► WHAT IS NEEDED FOR HEALTHY AGEING

A change in the way we think about ageing and older people

Creation of age-friendly environments

Alignment of health systems to the needs of older people

Development of systems for long-term care

Healthy Ageing...being able to do the things we value for as long as possible  
#yearsahead

211 Manitoba



NEW! For help, you can call 2-1-1

Struggling to make ends meet?  
Help Starts Here.

Call 2-1-1 or search  
mb.211.ca to find  
the right resources.



Research has demonstrated that social isolation can be detrimental not only to one's mental health but also to one's physical health. Social isolation is linked to an increased risk of coronary heart disease and stroke, dementia, and mortality. Social isolation has been compared to smoking 15 cigarettes a day. While social isolation can occur at any point across the life course, this concern disproportionately affects older people.

The innovative Senior Centre Without Walls program is here to connect you to a community where you will find, support, resources, continuing education and just plain fun!

Check out the January – April 2022 program guide that has been thoughtfully compiled to provide a wide range of programs that are sure to be of interest! The following is just a sample of what the Presentation Series will be offering:

- Welcome to Senior Centre Without Walls
- What you need to know about Winnipeg Transit
- Manitoba Underdogs- Dog Rescue
- Indigenous Ways of Being – Spirituality
- Celtic Music Voyage
- Theatre Series
- Grand Old Days of Grand Beach
- Hedgehogs

This program guide will also provide many health and wellness presentations, highlight observances and celebrations and deliver book journeys and short stories that are read aloud. Exciting celebrity biographies and a variety of special features are also lined up for this term!

## HOW DOES SENIOR CENTRE WITHOUT WALLS WORK?

1. You may register for programs anytime during the term
2. Complete the registration worksheet and email, mail or call it in to A & O
3. For programs that have presentation handouts, they will be mailed out



4. All participants will be called in ten minutes before the program is scheduled to begin

New this year, all participants will be called in ten minutes prior to the program start time using our new audio-conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this new system and FAQ's will be provided upon registration.

## ACCESSIBILITY & INCLUSIVITY

- Large print guides and materials can be made available
- All book club selections and short stories are read aloud
- Bingo cards can be provided with raised numbers and Braille numbers
- Participants can register for as many programs as they wish!



## FOR MORE INFORMATION OR TO REGISTER:

**In Winnipeg - (204) 956-6440**

**Toll-free - 1-888-333-3121**

**Email - [info@aosupportservices.ca](mailto:info@aosupportservices.ca)**

You are not alone! Join the community, join the fun, sign-up for Senior Centre Without Walls today!

# VACCINATIONS



Are Not Just for Kids!

**ARE YOU  
YEARS OF AGE  
OR OLDER?**

**50**

Some vaccine preventable diseases are more common with advanced age. A natural and progressing weakening of the immune system with age leads to higher incidence and severity of infectious diseases and lower strength and persistence of antibody response. This puts us at greater risk for certain diseases.

**Have you got these shots?**

**INFLUENZA**

Influenza vaccine

**SHINGLES**

Zoster vaccine

**PNEUMOCOCCAL**

Pneumococcal vaccine - Pneumococcal Conjugate 13

Pneumococcal Polysaccharide 23

**WHOOPING COUGH**

TDAP vaccine



***Don't Wait - Vaccinate!***

**CONNECT WITH YOUR DOCTOR OR PHARMACIST TODAY!**

**ENCOURAGE**



By embracing people  
of all ages, we create  
a richer society

JOIN THE MOVEMENT



GLOBAL CAMPAIGN TO COMBAT AGEISM

**ENGAGE**

By embracing people of all ages, we create a richer society.



GLOBAL  
CAMPAIGN  
TO COMBAT  
AGEISM

JOIN THE MOVEMENT



**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@manitobaseniorecentres.com](mailto:info@manitobaseniorecentres.com)  
and [hello@agefriendlymanitoba.com](mailto:hello@agefriendlymanitoba.com) or visit our website: [www.agefriendlymanitoba.com](http://www.agefriendlymanitoba.com)

**AGE FRIENDLY**  
Manitoba



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