



# 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.

## WORDS MATTER IN AN AGE-FRIENDLY COMMUNITY

In a recent webinar related to the book, *Promoting the Health of Older Adults: The Canadian Experience*, contributor Peggy Edwards, spoke about how words about aging influence how we think about ourselves and others in our communities.

Language is continually evolving. Peggy observed that the word "elderly" has become stereotypical implying frailty and ill health though the person being referenced may be neither. Aboriginal communities use Elder, with a capital E, for people who share wisdom and leadership and should be respected and used in that context. The general term elder may have a negative connotation for some people but be acceptable to others. The term "Senior" is a legislated term defining those 65 plus and is used officially by Statistics Canada and in surveys.

So how can we influence ageist attitudes in our communities through everyday conversations, social relationships and organization communication? Using "older person" or "older adult" could help create inclusive and welcoming climates where they feel valued and respected can certainly help! Individuals and organizations can take care about how we refer to aging as strive to create more age-friendly communities. Indeed, words matter.

The book referenced above is a valuable resource and can be purchased from CanadianScholars.



## REFERENCES - TRANSPORTATION

TONS has been asked to sit on a working committee as the MB representative for the "F.A.S.T. (funding accelerator for seniors transportation) Track which is a national initiative supporting transportation innovation, led by HelpAge Canada and delivered by CanAge and O'Hara Aging + Accessibility Inc. Here's what they are doing and this could in the future be funding to support Manitoba led transportation groups that work to enhance the lives of Older Manitobans and there is actually the opportunity to win an award if you share about your community innovation even if you're a private taxi company that serves seniors for example. This is for ANY type of transportation group that serves seniors whether you are a public, not for profit and or private company. Including but not limited to: volunteer driving programs, public transit, private enterprise, accessible community programs, Government funded handi-vans. etc

**Here is why they are asking you to fill out the community profile:**

We're collecting data from municipalities, community groups and organizations like yours to create the first

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ever "snapshot" of seniors' transportation in Canada, so we can better understand the current state of seniors' transportation: the gaps, barriers and existing solutions that are already working. Once we better understand where we are, we can get on the right track to meeting the challenge." Over the next several years they will be using money (I'm assuming a very large fund) to support initiatives across Canada that will aim to support seniors in getting around.

Here is the link to fill out the community profile and we need as many as we can from across Manitoba: <https://fasttrackcanada.org/en/community-profile/>



# Let No One Be Alone

## A WEEK OF AWARENESS

MAY 1st - 7th 2022

### Everyone Knows Someone Living Alone

This week let's **take the time** to make sure those that are alone know that we care!

Offer to Run an Errand

Pay Attention

**MAKE TIME**

Attend an Event

Bake a Goodie Basket

Create a Hand-Made Card

Go Out for Coffee or a Drive

Be Spontaneous

Friendly Visit

**SHOW you Care!**

Be Supportive

Clean their Yard

**LISTEN**

Positive Conversations

Take them to a Movie

Invite Someone Over for Meal

**A PHONE CALL**

Kindness

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Buscaglia -

Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone

**MASC** Manitoba Association of Senior Centres

### A SIMPLE ACT OF KINDNESS

Can Brighten Someone's Day!



## What is An Age Friendly Community?

- Recognizes the diversity among citizens
- Encourages healthy, active aging
- Supports the contributions of older community members
- Promotes the participation of older members in all aspects of our community
- Engages stakeholders in building age-friendly communities
- Creates accessible, safe environments for all
- Treats people of all ages with respect



## CONTACT OUR CONSULTANTS

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