

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.



Share with your council members & community! **EMERGENCY! ALERT! EMERGENCY**

Are you prepared? Do you realize that you may need to care for yourself and family for at least 72 hours...perhaps more?

Emergencies can happen at any time and without warning. Be ready. With prior preparation, you can respond quickly to help yourself and others.

One key domain of Age Friendly, is the concern for effective communication and information related to safety, security and social isolation with respect to older adults. Currently MASC is undertaking a project with a few municipalities to better understand the communication of emergency planning processes and the uptake of that information within the public. Lessons learned from this project will be shared via the MASC information networks, however in the meantime, you need to become more aware of the need to prepare and of the resources available to you.

First assess and understand possible risks: Are the risks immediate and within the home or are they widespread in your community area? Are they weather related issues of extreme cold or heat, blizzards, electrical storms, power outages, flood waters, brush fires?

Secondly create a household emergency plan for your family. Are there vulnerable people in your family? Will they need extra supports in case of emergency? Check out exits, establish an outside meeting space, or gathering location; it may well be at a local community facility; be sure everyone is aware of where and how to get to it. Establish one

consistent person to call to coordinate information, consider an emergency school pick up mechanism.

Thirdly build an emergency kit. In an emergency, you will need basic supplies. You may need to get by without power or tap water. **Be prepared to be self-sufficient for at least**



72 hours. You may have some items already, such as food, water and a flashlight or headlight. Make sure your kit is organized, easy to find and easy to carry. Keep it in a backpack, duffle bag or suitcase, in an easy-to-reach, accessible place, such as your front-hall closet. If you have many people in your family, your emergency kit could get heavy. A good idea may be to separate some of these supplies in backpacks, your kit will be more portable, and each person can personalize his or her own grab-and-go emergency kit.

Do not forget to have details of medical histories of family members along with medications.

Most municipalities have established emergency protocols for their region. Check out YOUR community website for details of people and procedures in your area. Make yourself aware of the resources available to you in your community. Remember your health, your safety is firstly YOUR responsibility. Depending on the type and degree of the emergency, it may take time for Community resources to get to assist you.



On the next page you will see some valuable resources. Check them out and be prepared!



EMERGENCY RESOURCES:

Manitoba Emergency Measures Organization: (204) 945-3050 / Toll-free: 1-888-267-8298

www.manitobaemo.ca

<https://www.canada.ca/en/public-health/services/emergency-preparedness/making-emergency-plan.html>

<https://www.getprepared.gc.ca/index-en.aspx>



Supporting Volunteer Driving Programs Build Capacity in 2023



TONS as part of the Aging Well Together project funded through New Horizons has worked to create centralized resource hub for volunteer driving programs. These tools and resources are to support capacity building for existing volunteer driving programs and for organizations and groups wanting to start a volunteer driving program. Volunteer Driving program are vital to keeping Older Adults actively engaged in their communities and in ensuring access to life giving & vital resources for daily living in an affordable way. Our goal with this project was to really work to provide modern, updated and easy to use resources in hopes of

taking away some of the burden experienced by community groups; when it comes time to starting, enhancing or keeping their programs up to date with common standards of service across Canada. Tools that have been created were thoroughly researched and carefully put together to ensure that everything we created could be easily implemented and customized based on community needs. The resources that have been created range in topics such as: onboarding, exit & evaluation, volunteer management systems, recognition, recruitment, training, risk and draft policies to name a few.



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Along with creating document style resources, we have also created our training videos which have been developed to train new or existing volunteer drivers, on the essential “How To's” in supporting older adults and you can find those located in the central Volunteer Driving Program Tools & Resource also linked within our website.

As an organization, we have seen how the pandemic has impacted people’s willingness to volunteer, not only in volunteer driving but in all positions across the country. So if your organization is struggling to recruit Volunteer Drivers we have brainstormed and developed resources to assist with recruitment & retention. You will find more ideas located in the resources files but here are a few ideas you may want to consider for volunteer recruitment within your community:

Promoting within your local Senior Center newsletter, website, on Facebook, your local cable station, local newspaper, chamber of commerce, church bulletins, colleges, partnering with older high school students who may be driving to support local trips and working with new immigrants who may be looking to build volunteer hours.

To view these resources please visit: <https://tonsmb.org/volunteer-driving-program-tools-resources/>

If you have questions regarding these tools and resources, please don't hesitate to contact:

info@tonsmb.org



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