



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.

## WELCOME & CONGRATULATIONS TO OUR NEW MILESTONE COMMUNITIES!



We are happy to announce the new communities that have successfully reached Milestone Status....



- City of Brandon**
- Town of Carberry**
- Municipality of Deloraine-Winchester**
- Municipality of North Cypress-Langford**
- Rural Municipality of Prairie Lakes**
- Municipality of Russell-Binscarth**
- Rural Municipality of St. Laurent**

These municipalities will receive a \$2,500 grant and provincial recognition. Additional recognition may follow from the Public Health Agency of Canada and the World Health Organization.

These Age-Friendly Manitoba communities share their milestone designation with the following ....

- |  |   |                                  |
|--|---|----------------------------------|
| Town of Beausejour                     | Municipality of Killarney-Turtle Mountain | City of Steinbach                |
| Rural Municipality of Bifrost-Riverton | Municipality of Minitonas-Bowsman         | Town of Stonewall                |
| Rural Municipality of Brokenhead       | Municipality of Norfolk Treherne          | Rural Municipality of Stuartburn |
| Cartwright-Roblin Municipality         | L.G.D. of Pinawa                          | Town of Teulon                   |
| Rural Municipality of Dufferin         | Pine Dock Community Council               | Town of The Pas                  |
| Village of Dunnottar                   | City of Portage la Prairie                | Rural Municipality of Victoria   |
| Municipality of Emerson-Franklin       | Town of Powerview - Pine Falls            | Westlake-Gladstone Municipality  |
| Rural Municipality of Gimli            | Rosburn Municipality                      | City of Winkler                  |
| Municipality of Hamiota                | City of Selkirk                           | City of Winnipeg                 |
| Municipality of Harrison Park          | Rural Municipality of Springfield         |                                  |

## NEW COMMUNITY UPDATE! WELCOME TO THE TOWN OF NEEPAWA & THE RM OF RIDING MOUNTAIN WEST

We are excited to share that Neepawa and RM of Riding Mountain West have joined the Age Friendly Manitoba Initiative. This involves assessing the current age-friendliness of the community, identifying areas for improvement, and implementing changes to make it more welcoming and accessible to all.

With numerous communities participating, Manitoba is making great strides towards creating more inclusive and supportive environments for people of all ages and abilities.



# January is Alzheimer Awareness Month



## It's Time to Get Active

How Active Living Impacts Dementia



Regular physical activity can help:

- Reduce the risk of developing dementia
- Maintain independence and quality of life, while living with dementia
- Support the ability to carry out the tasks of daily living such as eating, personal grooming, and moving independent
- May improve thinking abilities among older adults with or without Alzheimer's disease and other dementias



Making time for physical activity can help all adults:

- Relax, have fun, and stay energized
- Improve mood, manage stress, and reduce risk of depression
- Improve heart, lung, and bone health
- Have better mobility, balance, and posture
- Reduce the risk of falling
- Maintain a healthy weight

The complete Physical Activity Guidelines for Older Adults from the Canadian Society for Exercise Physiology can be accessed here:  
<https://csepguidelines.ca/>

## What Kind of Physical Activity Should You Do?

Aerobic Activity - Breathe a little harder

- Brisk Walking
- Swimming
- Aerobic Classes
- Snowshoeing
- Stationary Biking
- Dance Classes

**How Intense?**  
Moderate to vigorous.  
Your heart is beating faster and you can still talk but not sing.

Strength Training - Feel your arms, legs, back, and abdomen working. Can be done sitting or standing.

- Lifting Weights
- Body Weight Exercises
- Lifting heavy groceries
- Squat or lunge
- Exercise with resistance bands

**How Intense?**  
Moderate to vigorous.  
Exercises where you are contracting muscles against resistance until they are fatigued

Balance Exercises - Challenge your balance and improve stability

- Tai Chi
- Standing on one foot
- Heel Raises
- Dancing
- Walking heel to toe in a line

**How Intense?**  
Light to moderate  
Activities that challenge and strengthen your balance and stability.

Everyday Movement - Get moving to get the blood flowing

- Use the stairs
- Enjoy active hobbies
- Move to music
- Do yard/house work
- Walk after a meal

**How Intense?**  
Light to moderate  
Activities that challenge and strengthen your balance and stability.

Stay Safe - Exercise at your own pace and ability



**Our consultants are ready to work with you!**

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