

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.

We have been out and about presenting cheques!

As consultants, we love the opportunity to make meaningful connections in our communities! This past few weeks we have been especially excited to deliver cheques to our grant recipients and Milestone Communities!

It is heartwarming to witness the gratitude and enthusiasm of our grant recipients and Milestone Communities as we support their endeavors. As consultants, we take pride in fostering these meaningful connections and look forward to continuing to make a difference in the lives of those around us. Have a look at some of the areas we were able to visit!

City of Brandon - AF Committee of Council

The City of Brandon received a Community Collaboration Grant of \$10,000 cheque along with Age Friendly Milestone Recognition and a cheque for \$2,500.

The Age Friendly Committee of Council collaborated with the Brandon Seniors for Seniors Co-op, the Alzheimer Society of Manitoba and Brandon University! Collaborating with the Western Communications Group, they are excited to get started on the production of eight to ten 30 minute vignettes and televise short clips on Channel 12, Brandon's community channel. The vignettes will raise awareness and provide information for resources and showcase how Brandon uses an age-friendly lens to improve accessibility of information and resources and will feature various venues and social participation activities and mobility. <https://www.brandon.ca/age-friendly/agefriendly>



Linda Brown - Age Friendly Consultant, Brandon Mayor Jeff Fawcett, Eleysha Klaassen - ED, Brandon Seniors for Seniors, Nancy McPherson- Prairie Mountain Health, Heather Karrouze - Brandon City Councillor, Louise Hutton - Age Friendly Consultant

Town of Powerview-Pinefalls

The Town of Powerview-Pine Falls is collaborating with Pineview Minor Hockey, Pine Falls Curling Club and the Pine Falls O'Kings to restore and renovate the washrooms, shower facilities and painting of the public areas and dressing rooms of the arena. The upgrades will strengthen community engagement, allow for more programming and attract hockey teams and hockey tournaments.



Margie Bonekamp - CAO, Louise Hutton - AF Consultant, Edna Pichor - Deputy Mayor, Heather Chevrefils - Asst. CAO, Paul Magnan - President Pineview Minor Hockey.

Municipality of Norfolk-Treherne

Green Prairie Lodge Inc., Norfolk-Treherne Community Development Corporation, Goddard of Rathwell Parks & Recreation, M.I.L.E.S. for Seniors Inc. have partnered to improve the common area in Green Prairie Lodge. Along with new paint, furniture will be replaced to improve accessibility. Plans also include the installation of a railing to reduce the risk of falling when accessing the outdoor area, boarding the handi-van and participating in outdoor activities.



Serena Bittner - AF Consultant, Keith Goddard - Chairman of Green Prairie Lodge Inc., Kayla Beam - Community Development Officer, Roberta Bishop - AF Consultant, Linda Goddard - Rathwell Parks & Recreation, Stephanie Clark - Community Resource Coordinatory, M.I.L.E.S. for Seniors Inc., Pam Wilson - Treasurer for Green Prairie Lodge Inc.

Town of Carberry & Municipality of North Cypress Langford

Both the Town and Municipality have achieved Milestone status. Additionally, The Town of Carberry, collaborating with the Municipality of North Cypress-Langford, Service for Seniors, the Drop-In Centre and the Carberry United Church, was awarded the community collaboration grant to install air conditioning in the Drop-In Centre. This facility serves as a social hub for older adults, offering activities, information sessions, and community meals. The air conditioning upgrade aims to increase summer programming due to previously low usage in hot weather.



Grady Stephenson – CAO Town of Carberry, Lisa Tinley – AF Consultant, Callie Sudak - Manager of Leisure Services. Town of Carberry & the Municipality of North Cypress-Langford, Ray Muirhead – Mayor Town of Carberry, Ray Drayson – Reeve Municipality of North Cypress Langford

C O N G R A T U L A T I O N S !

We wish you all great success on you Age Friendly journeys!!

Community Milestone Presentations...

Municipality of Deloraine-Winchester



Glenn Schellenberg - Economic Development Officer, Bethany Paul - Senior Resource Coordinator, Seniors' Outreach Services of BrenWin Inc., Brenda Tonn - AF Consultant

Municipality of St. Laurent



Larry Wiebe - Age Friendly Committee (Treasurer), Roberta Bishop - AF Consultant, Richard Chartrand - Reeve, Perry Gaudry - Councillor



Have you heard about the initiative to bring Social Prescribing to Manitoba?

The Manitoba Association of Senior Communities has recently become part of a national/international Social Prescribing Initiative. Collaborating with our member centers, senior resource coordinators, age-friendly communities, family physicians, and healthcare organizations, we are working together to establish this innovative project, aiming to bring significant benefits to older adults in Manitoba.

Social prescribing serves as a method for healthcare providers to link patients with a variety of non-clinical services within the community to enhance health and well-being. This approach

can assist in addressing the root causes of health and well-being issues for patients, rather than solely focusing on treating symptoms. Embracing a holistic approach to healthcare, social prescribing encourages community-based integrated care and contributes to the demedicalization of healthcare services.

"For many years, society has focused on medical solutions like prescription drugs and surgeries as the way to improve people's health.

We now know that addressing the social determinants of health is as important, if not more so, in accomplishing this goal.

Social prescribing is an innovative solution that advances the work of supporting older adults to live their best lives."

-Michael Routledge, MD

Want to learn more? Check out the information found on our website: <https://manitobaseniorcommunities.ca/social-prescribing>



Our consultants are ready to work with you!

Connect with Connie Newman at (204) 792-5838 or info@manitobaseniorcommunities.ca and hello@agefriendlymanitoba.com or visit our website: www.agefriendlymanitoba.com



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