



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.

Announcing the Community Collaboration Grant Recipients!

Your Age Friendly Manitoba team is excited to announce the 12 recipients being awarded the 2024 Community Collaboration Grant!

These outstanding applicants have demonstrated exceptional collaborative relationships and we are thrilled to support their projects and initiatives. Their work is sure to make a lasting impact in their municipalities, and we look forward to seeing their visions come to life.

🌟 Congratulations to our 12 Recipients! 🌟

- Municipality of Argyle**
- City of Brandon, Age Friendly Committee**
- City of Flin Flon**
- Town of Melita**
- Town of Neepawa**
- Municipality of Norfolk-Treherne**
- City Portage la Prairie**
- Municipality of Rosburn**
- Municipality of Russell-Binscarth**
- Rural Municipality of Ste. Anne**
- Town of Stonewall**
- Town of Virden**



We would also like to extend a heartfelt THANK YOU to everyone who applied. The selection process was challenging as there were a number of submissions. Your dedication and hard work are deeply appreciated, and we encourage you to keep pursuing your visions/projects for your communities.

We hope this process serves as a catalyst for continued community collaboration—a reminder that by working together, we can amplify our collective impact and create meaningful change.

In the coming months, we hope to spotlight each recipient's project to showcase their approaches and the positive changes they are driving in their communities.

Together, let's continue to inspire one another and work towards communities where everyone can age with dignity and joy.

Thank you for being a vital part of this mission. Here's to a future full of opportunity, unity, and growth!

And from the Age Friendly Manitoba Team, sincere wishes for a happy holiday season, and a new year full of connections and positive change!

🎵 *Happy Holidays* 🎵

[Click here to view our Holiday Greeting...](#)

Manitoba Lung Association

The Manitoba Lung Association (mb.lung.ca) is dedicated to improving respiratory health and promoting clean air for all Manitobans. Through education, advocacy, and research, the association supports those affected by lung diseases like asthma, COPD, and lung cancer, while working to prevent such illnesses by addressing environmental factors like radon exposure and air quality.

For seniors, the Manitoba Lung Association offers critical resources and programs tailored to their needs, as older adults are more susceptible to chronic respiratory conditions. By providing access to tools like radon detectors, support groups, and health advocacy, the organization empowers seniors to safeguard their respiratory health and maintain a better quality of life.

Supporting Healthy Lungs Across Generations

The Manitoba Lung Association is committed to addressing smoking and vaping across all age groups, promoting healthier lives for everyone.

Smoking Cessation

Quitting smoking is beneficial at any age! For older adults, it can improve lung function, reduce the risk of chronic diseases like COPD and lung cancer, and enhance overall well-being. The Manitoba Lung Association offers resources, guidance, and support to help seniors quit smoking and reclaim their health. Get help quitting at https://www.mb.lung.ca/quit_smoking

Nicotine Prevention for Youth

We work to educate young people about the dangers of smoking and vaping, empowering them to make informed decisions. Through free school programs (Lungs Are For Life!), awareness campaigns, and advocacy, we aim to prevent youth from starting habits that can harm their lung health and their future.

At every stage of life, lung health matters. Learn more at mb.lung.ca/youth_vaping_lungs_are_for_life

LUNGtivity: Stay Active, Breathe Better

The Manitoba Lung Association's LUNGtivity program focuses on helping individuals with lung conditions improve their quality of life through safe and effective physical activity. This program provides expert guidance, personalized resources, and a supportive community to encourage participants to stay active while managing their respiratory health.

LUNGtivity helps reduce breathlessness, increase energy, and build confidence for everyday activities. Whether you're dealing with COPD, asthma, or other lung diseases, LUNGtivity offers tools to keep you moving and breathing easier. Learn more at mb.lung.ca/lungtivity.

Radon Gas and Mitigation: Protect Your Home and Health

Click here to here a powerful story share with the Manitoba Lung Association of a family impacted by radon-induced lung cancer, highlighting the importance of testing and mitigating radon levels to protect loved ones.

The Manitoba Lung Assoc. provides vital information on radon, a naturally occurring radioactive gas that can seep into homes and increase the risk of lung cancer. As the second leading cause of lung cancer in Canada, radon exposure is a serious health concern, particularly in areas with high levels.

The Manitoba Lung Association offers resources to help you:

- Test your home for radon using affordable, easy-to-use test kits.
- Locate certified Mitigation experts to reduce your homes radon.
- Protect your loved ones by learning more at mb.lung.ca/radon_and_mitigation.

Manitoba Lung Association's Library Lending Program Participating libraries allow individuals to borrow radon detectors, making it easy and affordable to test homes for radon. This program aims to raise awareness and encourage radon testing to reduce radon exposure and protect lung health. Learn more at mb.lung.ca/library_lending_program.



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Happy New Year! 2025



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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