

**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.



## Are You Ready? Why a 72-Hour Emergency Kit Matters – Now More Than Ever

With wildfires and evacuation notices on the rise across our province, being prepared isn't just smart—it's essential. Having a 72-hour emergency kit ready to go can make all the difference for your safety and peace of mind in any emergency.

A 72-hour kit includes basic supplies to help you survive and stay comfortable for three days if you need to leave your home quickly or shelter in place without access to regular services. This is especially important for older adults or anyone with mobility, medical, or communication needs.

Your kit should be:

1. Easy to carry (a backpack or small suitcase with wheels works well)
2. Stored in a spot that's easy to access in a hurry
3. Personalized to include your medications, important documents, and any items specific to your health or mobility needs

Having this kit packed and ready means you're not scrambling during a crisis—it means you're ready to act quickly, stay safe, and reduce stress during uncertain times. Not sure what to include?

### **Check out this simple checklist:**

- Basic emergency kit checklist:
- Water — two litres of water per person per day (include small bottles)
- Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Manual can opener
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- First aid kit
- Extra keys for your car and house
- Cash, travellers' cheques and change
- Important family documents such as identification, insurance and bank records
- Emergency plan — include a copy in your kit as well as contact information

### **Consider these additional emergency kit supplies:**

- Two additional litres of water per person per day
- Candles and matches or lighter
- Change of clothing and footwear for each person
- Sleeping bag or warm blanket for each person
- Toiletries and personal hygiene items
- Hand sanitizer, toilet paper and garbage bags
- Prepaid phone card, mobile phone charger
- Pet food and supplies
- Infant formula, baby food and supplies
- Activities for children like books, puzzles or toys
- Prescription medications, medical equipment
- Utensils, plates and cups
- Household chlorine bleach/water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- Small fuel-operated stove and fuel
- Whistle (to attract attention)
- Duct tape

**Take the time today. Prepare your kit. You'll thank yourself tomorrow.**

## Do You Know About the Association of Senior Support Coordinators?



Across Manitoba, many municipalities are fortunate to have compassionate individuals working at the community level to support older adults—people in roles like Senior Resource Coordinators, Meal Program/Cook Coordinators, Tenant Wellness Coordinators, and Senior Support in Group Living staff. These are not just job titles. Funded through service purchase agreements through their respective health authorities, these individuals are often the heart of their communities, offering grassroots care that allows older adults to remain in their homes, live with dignity, and stay connected. They advocate, connect, and care—not just in times of crisis, but every day.

Often called Manitoba's best-kept secret, these roles are vital in maintaining the health, safety, and independence of older residents.

If you're a municipal leader, ask yourself:

- Do you have someone in one or more of these roles in your municipality?
- Are you actively supporting and sustaining these vital positions in your community?

The ASSC is a self driven group that has created their own association to bring these dedicated individuals together and is growing a network that helps these professionals stay informed, supported, and inspired. This September, the ASSC is hosting "The Amazing Care Race"—a province-wide conference that brings together these essential workers from across Manitoba. It's a unique opportunity to network, share best practices, and learn from one another, helping to strengthen the support systems that older Manitobans rely on.

The ASSC hopes to see all of these dedicated workers attend!



### Shedding Loneliness Through Men's Sheds

Ever heard of a Men's Shed? All over Canada, Men's Sheds have emerged as vital community hubs, offering older men a space to connect, engage in meaningful activities, and enhance their overall well-being. Originating in Australia, the grass roots movement has gained international traction, including here in Manitoba, where 10 independent Men's Sheds are active and operating around the province.

Men's Shed Manitoba supports and promotes the establishment of Men's Sheds across the province. According to Chairman Fred Bobrowski, Men's Sheds plays a crucial role in promoting mental health among older men.

"Many older men face loneliness or social isolation, especially after retirement, but being part of a Shed provides a vital sense of belonging," says Fred. "We often hear from Shed members how their Shed community has helped them feel valued, supported and less lonely."

All Men's Sheds are autonomous and offer a diverse range of activities, tailored to the interests and skills of their members. Activities range from woodworking to metalworking, gardening, card games, crafting -- and there's always an opportunity to talk over coffee. Most often, Sheds partner with local non-profit organizations to take on community projects, such as building furniture for local schools or charities, creating toys for childcare centers, and participating in environmental conservation efforts like tree planting or community gardening.

Interested in starting a Men's Shed in your community? Resources, support and startup funding is available. For information on how to join an existing Shed, start a new Shed or support Men's Sheds in Manitoba please contact:  
Email: [menshedmanitoba@gmail.com](mailto:menshedmanitoba@gmail.com).  
Website: [mensshedsmanitoba.ca](http://mensshedsmanitoba.ca)



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

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