



# CONNECTIONS

Working together for stronger, healthier communities.

ISSUE 3 - NOV 2025

## COLLABORATION IS CENTRAL TO A HEALTHY COMMUNITY

### RIPPLES OF GOODNESS

#### Community Champions: Celebrating Ripple Makers

Across Manitoba, champions are sparking ripples of goodness.

Local leaders are inspiring others to age well, stay connected, and live with purpose.

We're proud to celebrate three remarkable individuals soon to be recognized by the Manitoba Government for their outstanding contributions to healthy aging and community well-being.



**Katy Anderson – Flin Flon  
Award: Active & Healthy Living  
Ambassador**

Katy's leadership and compassion have inspired countless Manitobans to stay active, engaged, and connected.

Her enthusiasm, creativity, and dedication to creating inclusive spaces for older adults reflect the very heart of Age Friendly Manitoba.



**Eleysha Klaassen – Brandon,  
Seniors for Seniors  
Award – Healthy Aging Category**

Through her imaginative inter-generational programs from pen-pal friendships to pumpkin-carving days – Eleysha continues to bring youth and older adults together in joyful ways that strengthen belonging and community vitality. Her work reminds us that connection itself is a form of health.



**Heather Dean – Ste.  
Anne/La Broquerie  
Award: Older Adult of the  
Year**

Heather's warmth, dedication, and spirit of service have made her a true cornerstone of the Ste. Anne and La Broquerie communities. Her partnership with Seine River Seniors has helped create opportunities for connection, learning, and belonging.

The Resource Coordinator shared that "we are so very proud to work alongside Heather – she leads with kindness, lives with purpose, and embodies what healthy aging looks like in action."

***"Your commitment to making a positive difference has not only inspired others, but brought lasting change."***

**Hon. Uzoma Asagwara, Minister of Health,  
Seniors and Long-Term Care**



#### Who inspires you?

Take a moment to recognize someone in your community who's making a difference for older adults. Share their story, celebrate their kindness, and consider nominating them in next year's Manitoba Healthy Aging Awards.

Every acknowledgment helps keep senior issues at the forefront – and every ripple matters.

*Awards ceremony is taking place at the Manitoba Legislative Building on Nov. 24, 2025*

# Staying Connected Through the Holidays: Why It Matters More Than Ever








The holiday season is often described as joyful and bright, but for many older Manitobans, it can also be a time of quiet loneliness, grief, or change. Winter weather, mobility challenges, health concerns, and long distances can make connection feel out of reach. That is why community matters more than ever at this time of year.

## Research continues to affirm what many of us already know: connection is health.

Meaningful social ties reduce stress, improve mood, support cognitive health, and lower the risk of loneliness and isolation, especially during the winter months. For older adults living with memory changes or early dementia, familiar routines and supportive environments can help holiday gatherings feel comfortable and reassuring.

This holiday season, we are reminded that connection does not need to be complicated.

-  A friendly phone call.
-  A handwritten card.
-  A ride to a community supper.
-  A visit with a neighbour.
-  An invitation to join a game, a concert, or a cup of coffee.

These small gestures create ripples of goodness that reach farther than we often realize. As the holidays approach, may we all remember the power of connection.

Across Manitoba, there are members of your community working behind the scenes to make the holiday season a little brighter. From community meals and craft fairs to concerts, socials, and volunteer-led celebrations, these events are created by neighbours who care deeply about bringing people together.

If you are able, consider attending, volunteering, or supporting one of these gatherings. Your presence not only helps the event succeed, it strengthens the fabric of your community and contributes to the sense of belonging that makes Manitoba such a special place to live.

### CALL TO ACTION...

*Consider one small act of connection you can offer this season, something simple, meaningful, and from the heart.*

**THIS HOLIDAY SEASON, I WILL \_\_\_\_\_!**

*And remember, when considering how you will connect, your presence may be the gift that someone remembers most.*

## PARTNER HIGHLIGHT...



**Transportation Options Network for Seniors (TONS)** is a provincial organization that works with communities to empower, enhance coordination, and work towards equitable and inclusive transportation. TONS works to inform and educate on transportation options for older adults and solutions that enhance quality of life, improve accessibility, build capacity and empower communities in Manitoba.

**"Expanding your transportation options is not just about getting around—it's about unlocking freedom, choice, and connection."**

Check out the website for resources & ideas  
To connect with TONS, visit [www.tonsmb.org](http://www.tonsmb.org),  
call 204-799-1788  
or email [info@tonsmb.org](mailto:info@tonsmb.org)



# A SPOT LIGHT ON AGE FRIENDLY MANITOBA



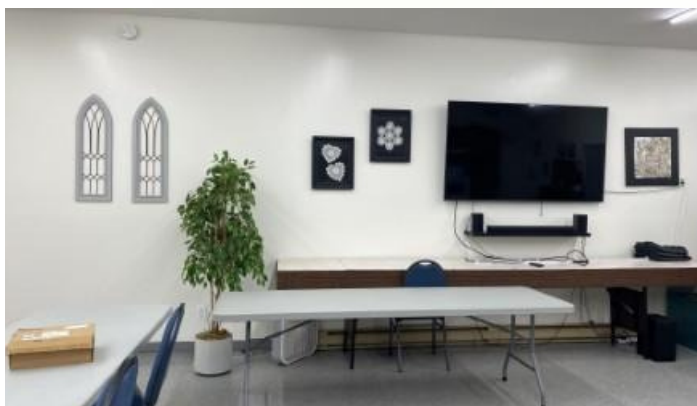
## Where Friendships Flourish – Rossburn's Age Friendly Transformation

Thanks to community spirit and the **2024 Age Friendly Collaboration Grant**, the Rossburn Senior Centre is buzzing once again.

It was an opportunity, a saving grace, and a real chance for people to come together. That's what the 2024 Age Friendly Collaboration Grant meant to the Age Friendly group in the Municipality of Rossburn.

Led by **Mayor Shirley Kalyniuk**, a group of enthusiastic older adults saw the potential in the Rossburn Senior Drop-In Centre and decided it was time for a change. The Centre hadn't been updated since 1980 – and they thought, *why not give it the fresh, inviting look it deserves?*

Thanks to the grant, that dream came true. The space got a real lift – a **75-inch TV, light-blocking blinds**, and new **lightweight chairs** that make every gathering more comfortable.



The Municipality added a splash of color with new paint and wall art, giving the whole place a brighter feel.

It may not seem like a huge renovation, but wow, what a difference it's made! The Centre feels more welcoming, and **Senior Resource Coordinator Maryanne Grassinger** has seen more seniors coming out for social, fitness, and wellness programs. There's laughter, conversation, card games, refreshments, and even a regulation-sized pool table waiting for action again.



The changes have sparked new ideas too. Events like the Canada Day intergenerational celebration and Halloween festivities are bringing people of all ages together – to visit, share their talents, and simply enjoy each other's company.

Because the Municipality owns and maintains the Centre, it remains a welcoming space for everyone. It's connected to the **Rossburn Library** and available for community groups or private gatherings – even family dinners or celebrations.

**The community will celebrate the Centre's official reopening on December 3, with ribbon cutting and refreshments for everyone to enjoy.**

Years ago, local seniors raised funds for automatic doors and an entrance arch that says "**Where Friendships Begin.**" And today, that message couldn't be more true – new space, new energy, and plenty of new friendships in the making.

*-Submitted by AF Consultant - Louise Hutton*



Have a story you'd like to share? We'd love to hear it! [Click here to submit yours!!](#)

# SOCIAL PRESCRIBING IN ACTION



In Social Prescribing, a health care provider can refer a patient/client to a Senior Resource Coordinator who, in conversation with the older adult, finds out what the person's needs are.

**“We are the information and referral hub within the community for an older adult”** says Harvey Sumka (Senior Resource Coordinator, Keewatin/Inkster Neighbourhood Resource Council for Seniors, Winnipeg Regional Health Authority).

Some people may know exactly what they want, others may need more time to find out what their situation and needs are. Once the Resource Coordinator knows more, they can refer the person to the most appropriate resources.

Mélanie Brémaud (Senior Resource Coordinator, Seine River Services for Seniors, Southern Health-Santé Sud) notes **“we take the time to listen to them and hear about what their struggles are and their needs.”**

Sophie [not her real name] is one client who benefited from being connected with a Senior Resource Coordinator. Sophie was in her 80s when she first met Mélanie Brémaud. After living out of province, Sophie had moved back to Manitoba with her husband. Sadly, only one year after the move, her husband died. On top of that, she was temporarily not able to drive because of cataracts. Sophie says “it was a sad time in my life” when she first got in touch with Mélanie.

**“I was given her name in a very sad time in my life. I had just lost my husband and on top of that I had lost my driver's license due to being put on the list for cataract removal.”**

Because her major problem at the time was that she was not able to drive, Mélanie got Sophie into the Seine River Services for Seniors volunteer driving program. Having somebody to drive her to meet with friends or to go to medical appointments was very helpful, says Sophie.

**“That's a big thing to get somebody right to your home to take you where you want to go.”**

Visit <https://manitobaseniorkommunities.ca/> for information and stories about Social Prescribing.

## OUR VOICE FOR OLDER MANITOBANS



In MASC's ongoing effort to stay on top of issues that matter to older Manitobans, Executive Director, Connie Newman, attended a recent seminar in Toronto hosted by Canada's Drug Agency on the appropriate use of medications.

The session emphasized how important it is for older adults, caregivers, and health-care providers to work together to ensure medications remain safe, effective and aligned with a person's health needs.

As health changes over time, some medications that were once helpful may no longer be necessary, especially for older adults who may be taking several medications at once.

Your pharmacist is an important partner in this process. They can review your medications, answer questions, and help you understand what is still needed and what might be worth re-evaluating.

### Three Questions to Ask Your Pharmacist:

1. Are all of my medications still needed?
2. Could any of them be causing side-effects?
3. Is there a simpler or safer option available?



Staying informed and asking questions helps you take an active role in your health and supports safer medication use across our communities.