



AF CONNECTIONS

Working together for stronger, healthier communities.

ISSUE 8 - APR 2026

COLLABORATION IS CENTRAL TO A HEALTHY COMMUNITY

Welcome Readers!

We're still feeling the positive momentum from Social Prescribing Day and the response it sparked across our communities. It feels like a natural time to carry that forward and introduce the Let No One Be Alone Week of Awareness - a Manitoba homegrown initiative, supported and promoted since 2012. Inviting all of us, in our own way, to reach out, connect, and build a stronger sense of belonging.

RIPPLES OF GOODNESS



A Simple Act Can Go A Long Way!!

As part of the **Let No One Be Alone Week of Awareness (May 3-9)**, we're inviting everyone to take part in a simple and meaningful challenge that reminds us how powerful connection can be.

Whether you're an individual, member of a senior centre, an Age-Friendly committee, a municipality, or a local organization, there are many ways to get involved. You might choose to make a special effort during the week to reach out to someone who could use a friendly voice, invite someone for a visit, or simply take time to connect.

OR, you can take part more formally by joining our

Prescription for Connection Challenge!

A simple and meaningful way to spread kindness and connection in your community.

Senior Resource Coordinators across Manitoba have been supporting this initiative since 2012 helping it grow into a strong, community-driven movement.

While their leadership has been instrumental, this is truly an initiative for everyone: businesses, churches, service clubs, and community groups are all welcome.

THE MORE THE MERRIER!

When we reach out to others, we're not just brightening someone else's day... we're enriching our own as well.



COMPLETE THE PRESCRIPTION FOR CONNECTION!

Take part May 3-9—connect in a small way or join the full challenge in your community.

HOW TO PARTICIPATE

- **Explore online:** Access the full info package by [clicking here!](#)
- **Individuals:** by visiting our Facebook <https://www.facebook.com/LetNoOneBeAlone>
- **Community organizer:** request an information package with everything you need to get started! bltonnwrk@gmail.com

TAKE PART AND YOU COULD WIN

- **Individuals:** Entered into a \$100 gift card draw
- **Organizations:** Entered into a separate \$100 gift card draw!

Complete by May 15 | Draw: May 31

Talking about Loneliness and Isolation

Why It Matters

We know that loneliness and isolation affects people in quiet and powerful ways, and starting the conversation is not always easy. As we continue to highlight the importance of social connection and ensuring no one feels alone, we are pleased to share this meaningful resource. It offers older adults a gentle and practical way to begin talking about what they may be experiencing and to reach toward support.

Helping Start Important Conversations



CCSMH
Canadian Coalition for
Seniors' Mental Health

The Canadian Coalition for Seniors' Mental Health (CCSMH) is pleased to share a new Conversation Starter Resource for Older Adults, designed to help older adults talk about social isolation and loneliness with a health care or social services professional. This practical, easy-to-use tool includes conversation prompts, self-reflection questions, and guidance to help older adults feel more confident discussing their experiences and seeking support.

Social isolation and loneliness can have significant impacts on mental, physical, and emotional well-being. However, many older adults may feel unsure about how to raise these concerns or may not realize the importance of discussing them. By helping to share this resource, your organization can play a key role in normalizing these conversations and connecting older adults to supports that promote health and well-being.

We encourage you to share this resource with the older adults you serve through your programs, services, and networks. To launch this new resource, printed copies are available free of charge (25 or 50 copies) can be requested between May 1 and June 1 by filling out the online form. Quantities are limited so be sure to place your order early! The physical copies will be mailed out the week of June 10.

Thank you for your continued commitment to supporting older adults and fostering meaningful social connections in your communities.

PARTNERSHIP HIGHLIGHT...



Men's Sheds Manitoba

Building connection, purpose, and belonging—one Shed at a time.

Men's Sheds are welcoming community spaces where men come together to share skills, build friendships, and support one another. Whether it's working on projects, learning something new, or simply having a place to connect, Sheds offer a sense of purpose and belonging that supports well-being and reduces isolation.

Get Involved: Know someone who could benefit from connection, purpose, and community? Encourage them to explore a local Men's Shed or consider how your community could get involved.

Learn more and find a Shed near you: <https://mensshedsmanitoba.ca/>



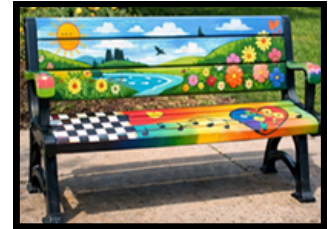
A SPOTLIGHT ON AGE FRIENDLY MANITOBA



Spring has sprung, the grass has riz... New Age-Friendly projects are set to begin!

Across the province, excitement is blooming as Age Friendly Community Collaboration Grant cheques were hand-delivered by MASC consultants. They were received with sparking smiles, excited conversations, and ongoing momentum. Now, that the real magic is underway. Let's take a peek at what's growing in some of our vibrant communities!

In the **City of Morden**, the great outdoors is calling. New benches, placed with input from older adults will offer rest stops along popular walking routes. A community art event will bring all ages together to decorate the benches, complete with refreshments and music. Plus, a new walking map (print and digital) will high-light accessible paths, scenic spots, and QR-linked routes for easy exploration.



In the **Village of St. Pierre-Jolys**, connection takes centre stage. Their Senior Communities Connection project brings generations together through bilingual activities. A six-week intergenerational art class invites older adults and younger participants to share stories and create meaningful keepsakes, from memory books to "knot pillows" made from cherished t-shirts. Meanwhile, the Jolys Regional Library, Senior Services, and the Village are teaming up to launch a Community Connections Book Box program, complete with books, small gifts, and refreshments to make reading more accessible and social.

Over in the **RM of St. Laurent**, culture and language are being celebrated. With the addition of Michif, a unique Métis language, into local learning, the library will expand its collection and enhance accessibility, creating a welcoming space to gather, read, and connect.

The **Municipality of Lorne**, including **Notre-Dame-de-Lourdes**, is launching "Senior Links," a program designed to strengthen connection, reduce isolation and increase transportation with the handi-van. A new Senior Liaison Coordinator will help coordinate programs and transportation, while the Legends Lounge becomes a lively hub for gatherings, workshops, and intergenerational fun.

In the **Municipality of Norfolk Treherne**, "A Seat at the Table" is taking shape at Green Prairie Lodge in Rathwell. Renovations and thoughtful upgrades, like ergonomic seating, are creating a more comfortable, welcoming space where older adults can safely enjoy meals, conversation, and community.



From creativity to culture, connection to comfort, these projects are proof that when communities come together, wonderful things happen!

SOCIAL PRESCRIBING IN ACTION



The Benefits of Community-Based Programs: Men's Sheds

Henry (not his real name) rarely misses a meeting at his Men's Shed, where as many as 20 men get together each week to engage in woodworking projects. The objects they make are then sold at craft sales. Although Henry is completely blind, he helps out by sanding the wood. "I can do that with my hands. I don't need eyes for that," he says.

Henry found out about the Men's Shed when he talked to the Senior Resource Coordinator in his community. He felt he needed to do something useful, but wasn't sure what. When the Coordinator recommended the Men's Shed, it was a perfect fit for him.



Men's Sheds were initially formed in Australia in the 1980s and have since spread around the world. In Manitoba, there are Sheds in and outside of Winnipeg. Sheds are community-based groups specifically designed to bring together men to engage in practical activities, such as woodworking projects. Being able to socialize in a friendly environment is another key aspect of Sheds.

Older men can lose a sense of purpose and identity after retiring; many become socially isolated and lonely. Research shows that Men's Sheds benefit older men's mental health; they provide a sense of purpose, inclusion, and camaraderie.

Henry's experience is consistent with this research. He is happier because he feels like he is doing something useful, he says. The social connections that Sheds provide are also important for him. "It's a really fun group. Because it's old guys, there's no sacred subject here", he adds with a chuckle. "Every Tuesday when I come home from there, I feel on top of the world."

For more information about Men's Sheds in Manitoba see our Partnership Highlight!!

OUR VOICE FOR OLDER MANITOBANS



Stronger Communities Through Shared Generations

At MASC, we continue to see the powerful impact of intergenerational activities. When generations come together through shared experiences, learning, and simple connection, communities grow stronger and more connected.

We've proudly supported intergenerational initiatives for many years and are always inspired by the stories we receive. We're pleased to share that another intergenerational grant opportunity for our member centres will be announced soon, helping to continue this important work and support even more opportunities for connection.



As part of our role as a voice for older Manitobans, we encourage communities to celebrate and share these moments. Connect with your local newspaper, radio, or community TV and help make these stories visible.

The more we see generations coming together, the more it becomes part of everyday life. That is something worth celebrating.

**SHARE
YOUR
STORY**

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