

News Update

AGE FRIENDLY Manitoba

CONGRATULATIONS – THANKS TO YOU - MANITOBA IS ON ITS WAY TO BECOMING MORE AGE-FRIENDLY!

Twelve Manitoba Communities have embraced the idea of being Age-Friendly for people of all ages. Partnerships are being formed within communities to increase awareness of how age-friendly features benefit everyone, especially seniors.

As Manitoba's senior population increases over the next 20 years it becomes essential to address and to jointly solve issues to ensure citizens live in healthy, safe and secure environments.

Manitoba's Age-Friendly communities are concentrating their community priorities in eight key areas:

1. Outdoor Spaces & Buildings
2. Transportation
3. Housing
4. Respect & Social inclusion
5. Social Participation
6. Communication & Information
7. Civic Participation & Employment
8. Community Support & Health Service

Age-Friendly Manitoba Communities are Creating Action Plans

Age-Friendly communities create partnerships between the local government and representatives from seniors population, Senior Centres, Regional Health Authorities, service providers, the business community and volunteer organizations.

In February 2008, ten communities from across Manitoba came together at the Age-Friendly Manitoba Summit, held in Portage la Prairie, to hear about forming an age-friendly community.

The first ten communities are:

- Local Government District of Pinawa
- RM of Macdonald
- RM of Roblin
- Town of Arborg
- Town of Gladstone
- Town of Gilbert Plains
- Town of Morris
- Town of The Pas
- Village of Cartwright
- Village of Elkhorn



Portage la Prairie Council Supports Age-Friendly Development

Portage la Prairie participated in the World Health Organization’s (WHO) initiative that included 33 cities in 22 countries worldwide. Older people, caregivers, and service providers participated in focus groups to describe the advantages and challenges of living in their city. The result was the development of the *Global Age-friendly Cities: A Guide*.

Since the adoption of the Age Friendly Cities Report by City Council, a great deal has happened in Portage la Prairie. Members of the original advisory committee developed Terms of Reference for the establishment of an Advisory Committee to work towards the implementation of the recommendations in the report. The Advisory group has reviewed the recommendations made in the report and identified three priorities:

- Communication
- Housing
- Transportation

Sub-committees have been formed to work in each of the areas. The Communication Committee is working on the establishment of a logo for Age Friendly Portage la Prairie.

The Housing Committee is collecting information on all available senior's housing in the community, as well as participating in a larger housing committee looking at the development of new housing in the City.

The Transportation Committee has plans to meet with all of the private and non-profit groups in the City to review the recommendations related to transportation originated from the Age Friendly Cities Report.

Portage was pleased to host the provincial Age Friendly Communities Summit which brought ten new Manitoba communities on board. Over the summer, City Council passed a resolution formally establishing the Age Friendly Cities Advisory Committee as an advisory body to Council.

Portage was also honoured to participate in the International Federation on Ageing’s 9th Global Conference on Ageing in Montreal, as well as participating in the Age Friendly Cities Pre-conference activities and workshops. More information on Age Friendly Portage la Prairie can be obtained by contacting Jeanne Zwiep at jzwiep@city-plap.com



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Age-Friendly Communities are increasing!
Seventeen more communities are on board – stay tuned for who they are!

Gimli's Age-Friendly Awareness Day–Oct 9, 2008

Gimli participated in the Age-Friendly Rural/Remote Communities Initiative – A Canadian initiative that followed the World Health Organization (WHO) Cities Project. This project focused on rural and remote communities and Gimli was one of ten communities from across Canada to participate in the research phase of the project.

This year, Gimli's Age-Friendly Advisory Committee has moved into full swing. Using the results of the focus group research, Gimli is ready to address age-friendly challenges. On October 9, 2008 Gimli's Age-Friendly Advisory Committee hosted an Age-Friendly Awareness Day. The purpose of the day was to invite citizens and the business

community to learn more about what being Age-Friendly means. The day began with a Business Breakfast with business operators having the opportunity to come together to understand how age-friendly features can positively impact their businesses. A pamphlet for businesses was developed and is being shared with other communities.

Dignitaries were on hand including Mayor Tammy Axelsson to present information, answer questions, and to highlight resources.



Age-Friendly Manitoba Initiative

The goal of the Initiative is to Make Manitoba the most Age-Friendly province in Canada.

Objectives:

- To assist communities in becoming “age-friendly” to optimize the health, participation and security of seniors.
- To support community development.
- To create partnerships between community members and organizations including seniors, representatives of seniors' organizations, government, researchers, and service providers.

Upcoming Community Consultations

Each community has formed an Age-Friendly Committee or Council of the municipal government that will focus on holding a community consultation. This meeting will result in a report used to develop an Age-Friendly Action Plan - one that will address age-friendly barriers and features.

Congratulations to the first set of 10 Age-Friendly Communities in moving forward – An Update...

RM of Macdonald...

An Age-Friendly committee has been formed, welcome to committee members. Susanne Moore – White Plain Recreation District, Chairs the committee.

RM of Roblin...

An Age-Friendly committee, Chaired by Lynn Froese (Seniors Services Coordinator) has been formed.

The Age-Friendly initiative will be further introduced in November, 2008 at **Wellness Day**. Businesses that are becoming more age-friendly will receive recognition for their efforts by receiving a certificate and by being featured in the local newspaper.

Cartwright...

The Cartwright Age-Friendly Council, along with Mather and the RM of Roblin, are reviewing policies and services and structures to increase accessibility, safety, good health, and participation. The Age-Friendly initiative is featured on Cartwright's webpage at <http://www.cartwrightmb.ca/>

Arborg...

The Age-Friendly committee is proud to announce that the following age-friendly priorities have been addressed:

- Sidewalks have been fixed
- Power door locks have been put in place at the medical centre
- Crosswalks have been painted

An Age-Friendly committee meeting was held in early September to plan a Community Meeting and invite community members to comment on Arborg's Age-Friendly features.

Morris...

The Age-Friendly Committee is planning to hold an Age-Friendly Community Meeting in October, 2008. This will be an opportunity for the Committee to hear the perspective of seniors, business owners, service providers, and other citizens interested in seeing Morris becoming more age-friendly. The Municipal Government has already developed policies to increase age-friendly features such as wider sidewalks.

Elkhorn...

An Age-Friendly Committee has been formed, members are planning a fall meeting.

Gladstone...

Eileen Clarke, Mayor will be attending the Annual Scientific and Educational Meeting of the Canadian Association on Gerontology conference in London ON, from Oct 23-25th as a member of the Manitoba presentation team. She will present Gladstone's perspective on becoming more age-friendly for people of all ages.

In April 2009 Gladstone will host the Healthy Communities Conference, with *Age-Friendly Is For All Ages* as the theme of the conference.



Can you guess what Community this Happy guy represents?

Gilbert Plains...

This past summer, the town of Gilbert Plains was busy becoming more age-friendly by adding age-friendly features, such as:

- Parking Signs to accommodate people with limited mobility
- Painting of cross-walks
- Raising public awareness through the town and senior newsletters

The Pas...

Congratulations to The Pas for a successful 2008 MSOS 55 Plus Games last June.

The Age-Friendly initiative in The Pas is being spearheaded by Sharon Arnold (Golden Agers), Colleen Collins (Norman Regional Health, Seniors Team), Mary Wasykoski (Seniors Housing), Golden Agers and Amber Whitehead (Recreation).

Some of the changes that are taking place are:

- Large highway signs, and
- Library Wii program to address social isolation by inviting all to join the fun and be more active as well as the promotion of intergenerational activities.

Pinawa...

Pinawa has also been busy making their community become more age-friendly. The following are examples of what has been accomplished:

- A ramp at the Vanier Centre, which is also used as the teen centre, has been constructed making the building more accessible.
 - Auto-opening doors have been installed on the Vanier Centre.
 - Automatic doors have been placed at the school as it also serves as the community centre and library.
 - The new management at the local mall and store have made several changes, such as: auto-opening doors.
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AGE FRIENDLY Manitoba

Creating communities committed to
healthy, active aging



For more information on Age-Friendly Manitoba Initiative please contact:

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