

NEWS FROM

AGE FRIENDLY BRANDON

SILVER ALERT

A Silver Alert system can help locate adults with dementia or cognitive impairments who go missing, similar to how Amber Alerts protect children.

We need a Silver Alert System to protect vulnerable adults in our city and across Canada. Please help us advocate for this critical safety measure.

Contact your local MLA or City Councillor to voice your support!



**Call to
Action**

Why Silver Alerts Matter

- 60% of people with dementia will go missing. If not found within 12 hours, there's a 50% chance of injury or death.
- Research shows most missing adults are within 4–12 km of their last location. Silver Alerts can target notifications to local areas for faster recovery.
- Silver Alerts mobilize the public during the critical search window, reducing harm and saving lives.

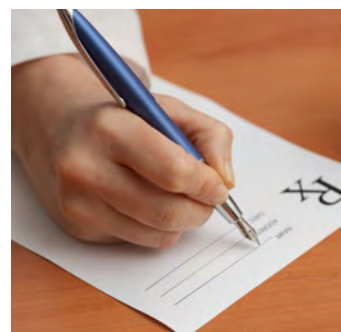
SOCIAL PRESCRIBING

Social prescribing is a healthcare approach that connects individuals to social activities and community resources to improve their overall health and well-being. Led by the Manitoba Association of Senior Communities (MASC), the initiative aims to strengthen relationships with organizations such as Senior Centres, Senior Resource Coordinators, Age Friendly Communities, and Primary Health Services.

Prairie Mountain Health (PMH) is proud to support the MASC initiative, “By ‘prescribing’ social activities, healthcare providers encourage individuals to engage in opportunities that benefit their mental and physical health” says Jacqueline Deslauriers, PMH Supervisor, Services to Seniors.



Referrals are made by healthcare providers or through PMH's Home Care Intake Line (1-855-474-3338). Staff match older adults with resources such as crafting groups, exercise classes, support groups, volunteer opportunities, and fee-for-service supports like transportation or yard maintenance. Ask your healthcare provider about Social Prescribing!



SENIOR NAVIGATION COORDINATORS

Prairie Mountain Health's (PMH) Senior Navigation Coordinators play a vital role in helping older adults and their families access the programs and services they need. By guiding seniors through healthcare systems and connecting them with resources, these coordinators ensure that support is just a call or email away. Jacqueline Deslauriers, Supervisor, Services to Seniors noted that "PMH collaborates with seniors' organizations, resource coordinators, and

Our goal is to enhance existing programs, identify gaps in services, and help seniors age in place.

~ Jacqueline Deslauriers ~

PMH programs to create a seamless experience".

"I didn't even know these services existed," shared a senior who was leaving the

hospital and noticed a poster for the Navigation Coordinators. Unsure of where to turn for help while recovering at home, they

reached out and the Navigator listened to their concerns and connected them with much-needed foot care services and other supports. To connect with a PMH Senior Navigation Coordinator call:

1-855-474-3338

RANDOM ACTS OF KINDNESS DAY - FEBRUARY 17

February 17 is Random Acts of Kindness Day—a special day to celebrate and share kindness in simple, meaningful ways. The movement began in the 1980s in California when writer Anne Herbert encouraged people to "Practice Random Acts of Kindness and Acts of Senseless Beauty." Over the years, it has grown into a global celebration of compassion and connection.

The Random Acts of Kindness Foundation (RAK), a nonprofit based in Denver, Colorado, provides free resources for schools, workplaces, and families to help spread kindness year-round.

Here in Canada, Random Acts of Kindness Day is widely embraced. Many communities, schools, and organizations take part by encouraging acts of goodwill like paying it forward, volunteering, or simply showing appreciation to others.



Join in this February by doing something kind—it could change someone's day, or even their life. Visit the Random Acts of Kindness website at www.randomactsofkindness.org for ideas and free resources to make kindness the norm, wherever you are.

*Spread
Kindness*

2	Gnome seasonal calendar	A.R. McDiarmid Civic Services Complex 1:00 pm to 4:00 pm https://brandon.perfectmind.com
6, 7, 8	Westman Multicultural Festival	Various Brandon locations https://gotothepavilions.com/
7, 12	TALC Talks	BU, Education Bldg., Room 107 Starts at 9:30 am https://talcb Brandon.weebly.com/
13	Snowed in Comedy Tour	Western MB Centennial Auditorium 7:30 pm to 10:00 pm https://www.wmca.ca/events
14	Paint your partner	The Eagles Nest 6:00 pm to 9:00 pm https://brandon.perfectmind.com
14	Valentine's Day Trivia	The Eagles Nest 7:00 pm to 9:00 pm https://brandon.perfectmind.com
19, 26, Mar 5, 12	Crochet - Ripple Blanket	A.R. McDiarmid Civic Services Complex 7:00 pm to 8:30 pm https://brandon.perfectmind.com
19, 26, Mar 5, 12, 19, 26	Acrylic Painting for the Beginner	A.R. McDiarmid Civic Services Complex 5:30 pm to 6:30 pm https://brandon.perfectmind.com
25, Mar 4, 11, 18	Improv for adults	Brandon Community Sportsplex 6:00 to 7:00 pm https://brandon.perfectmind.com
27, 28, Mar 1	A Midsummer Night's Dream	Western MB Centennial Auditorium 7:30 pm to 10:00 pm https://www.wmca.ca/events



VIRTUAL EVENTS

Understanding Responsive Behaviours
February 4
2 pm to 3 pm

Living with Dementia-2
February 8
10 am to 11:45 am

Life in Long-Term Care
February 18
2 pm to 3 pm

Register at
<https://alzheimer.mb.ca>



PHONE EVENTS

Post-Polio Syndrome
February 4
2 pm to 3 pm

Depression & Anxiety in Later Life
February 20
1:30 pm to 2:30 pm

For more phone sessions and to register, contact Seniors Centre Without Walls at 1-888-333-3121



Have an event you would like to see in an

upcoming edition of News from Age Friendly Brandon? Email: agefriendly@brandon.ca

Roses are red, violets are blue, an inclusive community starts with you! Let's celebrate love, respect, and a place for everyone at every age. Happy Valentine's Day from Age Friendly Brandon



CELEBRATING 2024: HOW WE ADVANCED AGE FRIENDLY IN 2024

The Age Friendly Brandon Committee of Council has a lot to celebrate from 2024!

- Launched our first ever newsletter in June
- Many hours of footage for our vignettes were shot in collaboration with Westman Communication Group
- Another successful partnership with Brandon University nursing students that examined Dementia Friendly aspects of our city
- In December, we were thrilled to learn that we were successful in our grant application to MASC. These funds, along with contributions from our key partners will kick off Cycling Without Age in Brandon!
- The Committee also provided extensive input on a number of City initiatives, ensuring that Brandon uses an Age Friendly lens in their planning and decision making.



MEET OUR COMMITTEE MEMBERS - HEATHER KARROUZE

Raised in Rural Manitoba, Councillor Heather Karrouze completed her post secondary education here, in Brandon, earning two degrees from Brandon University. Although she then went on to work in both Winnipeg and Toronto, "Brandon brought her back;" she returned with her husband in 1991, raising their family and launching their small, family business.



Widowed in 2020, Heather is grateful for wonderful relationships with her four daughters and her grandchildren. Employed full time, she enjoys being a member of the Age Friendly Committee as well as serving on the BGMA board, the Grants Committee, and the Community Wellness Collaborative.

“An Age Friendly community benefits residents of all ages and abilities.
~ Heather Karrouze ~”



Age Friendly Brandon info line: 204-729-2525

Follow us on Facebook @ Age Friendly Brandon

Visit our website: www.brandon.ca/agefriendly

