



The grant cheque was presented by Age Friendly consultants (Louise Hutton and Linda Brown), to members of the Age Friendly Brandon Committee of Council (Nancy McPherson and Heather Karrouze), Mayor Jeff Fawcett, and Eleysha Klaassen (Executive Director, Brandon Seniors for Seniors Co-op). The presentation took place in Brandon at the Manitoba 55+ Games Curling Event.

GRANT SECURED TO ENHANCE AGE FRIENDLY AWARENESS IN BRANDON

The Age Friendly Committee of Council, in collaboration with Brandon Seniors for Seniors Co-op, the Alzheimer Society of Manitoba, and Brandon University, is thrilled to announce the receipt of a \$10,000 grant from Age Friendly Manitoba 2.0, launched by the Manitoba Association of Senior Communities (MASC).
Continued on page 2.

BRANDON TO HOST MANITOBA 55+ GAMES

Brandon is hosting the 2024 Manitoba 55+ Games from June 18 to 20. There are numerous individual, partner, and team activities including: bowling, pool, golf, arts and crafts, cribbage, lawn bowling, slo-pitch, tennis, horseshoes, swimming, and more!



GRANT SECURED (CONTINUED)

The grant will support the production of eight to ten, 30-minute vignettes to be aired on Channel 12, Brandon's community television channel. In partnership with Westman Communications Group (WCG), these vignettes will explore various aspects of the Age Friendly Framework, Age Friendly Brandon, and the programs and activities offered by partnering organizations.

"The vignettes will showcase venues and activities supporting older adults' participation and social inclusion," said McPherson.

“Featuring interviews with residents, these vignettes will serve to raise awareness and provide information on resources such as the Brandon Seniors Resource Guide, showcasing how Brandon employs an age friendly approach.

~ Co-Chair Nancy McPherson ~

WORLD ELDER ABUSE AWARENESS DAY



Mayor Jeff Fawcett signing Elder Abuse Awareness Day proclamation along with members of the Age Friendly Brandon Committee of Council Heather Karrouze and Doug Fraser.

Every year on June 15, World Elder Abuse Awareness Day is commemorated worldwide. In Canada, research shows that four to 10 percent of older adults have been victims of elder abuse.

Elder abuse means hurting or not helping older people. It could be hitting, not giving them what they need, taking their money, or treating them badly. Sometimes, people they trust, like family or caregivers, do this. The person being hurt might not realize they're being abused. The person doing it might not know it's wrong. Others might see it but not know what to do.

People who are abused need support. People who are abusive need help. Prevent Elder Abuse Manitoba (PEAM) offers excellent information on prevention and how to respond to abuse. More information can be found at: www.peam.ca.



Seniors Abuse Support Line:
1-888-896-7193



Have an event you would like to see in an upcoming edition of News from Age Friendly Brandon? Email: agefriendly@brandon.ca



UPCOMING EVENTS - JUNE

4	Fresh Air Fitness Petanque	Stanley Park 6:00 pm to 7:00 pm
3, 10, 17, 24	50+ Fitness	A.R. McDiarmid Civic Services Complex 12:30 pm to 1:30 pm www.brandon.perfectmind.com
6	Walk for Alzheimer's	Riverbank Discovery Centre Starts at 5:30 pm www.alzheimer.mb.ca
8	Intro to Hiking	Sportsplex 10:00 am to 3:30 pm www.brandon.perfectmind.com
8, 15, 22, 29	Farmer's Market	Riverbank Discovery Centre 9:00 am to 2:00 pm
11	Fresh Air Fitness Basketball	Jumpstart Court 6:00 to 7:00 pm
12	Yoga	A.R. McDiarmid Civic Services Complex 6:25 pm to 7:10 pm www.brandon.perfectmind.com
18	Fresh Air Fitness Cricket	Dinsdale Park 6:00 pm to 7:00 pm
18 - 20	Manitoba 55+ Games	www.activeagingmb.ca 204-632-3947
18 - 23	Couch to 5K or 10K	Sportsplex 6:00 pm to 7:00 pm
25	Fresh Air Fitness Aquafit	Kinsmen Pool 6:00 pm to 7:00 pm



**Age Friendly
Brandon info line:
204-729-2525**



ABOUT AGE FRIENDLY BRANDON

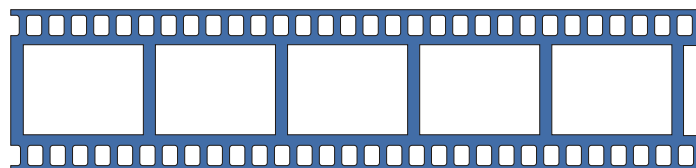
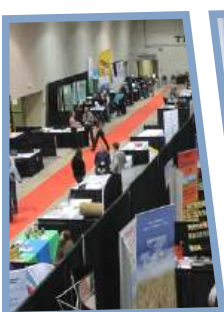
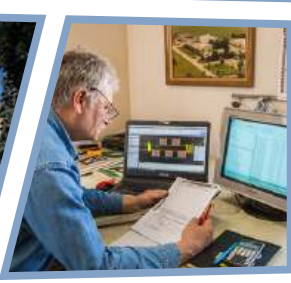
The Age Friendly Brandon Committee of Council has finalized their 2024 action plan. The action plan focuses on initiatives that support people to age safely, enjoy good health and participate fully in their community. The action plan includes activities for each of the eight interconnected domains of age-friendly communities. Each edition of News from Age Friendly Brandon will highlight one of the age friendly domains.



AGE FRIENDLY DOMAIN: OUTDOOR SPACES AND BUILDINGS

AIM: Creating supportive environments to enhance physical well-being, quality of life, and enable people to conduct their daily activities.

Age Friendly Brandon 2024 action item: Advocate for municipal policy to ensure timely consultation with Age Friendly Brandon, and other committees, regarding all municipal Master Plans.



With the grant money secured (see article on Page 1), Age Friendly Brandon is planning for a busy few months of filming with WCG! Some of the outdoor spaces and buildings that will be showcased in the vignette project are:

- Kayaking
- Walking paths
- Downtown Cadet patrols
- Pickleball
- and more!

Follow us on Facebook @ Age Friendly Brandon
Visit our website: www.brandon.ca/agefriendly

