

NEWS FROM

AGE FRIENDLY BRANDON

CITY LAUNCHES COMPREHENSIVE TRANSIT REVIEW

By: Pamela McTavish

The City is embarking on a comprehensive review to overhaul its public and accessible transportation system with the aim of better meeting the needs of Brandon's growing and aging population. The Director of Transportation for the City, Carla Richardson, shared insights into the goals and processes of this significant project.

"This is not an overnight fix," emphasized Richardson, "we started public engagement in May 2024, and the results from surveys and open houses will be posted soon". The City has engaged a consultant to assist with the development of a long-term transit strategy. The initial phase of route planning has begun, focusing on traditional systems, accessible transit, fare systems, and route efficiency.

Richardson noted that "even if you don't currently take the bus or use access transit, we want to know why and how public transportation can better meet your needs, now and in the future." If you did not participate in the May open houses or survey, the consultants will return for another round of public engagement in the fall of 2024, aiming for September or October. *Continued on page 2...*



Photo Credit: Sandy Black Photography

VISION ZERO INITIATIVE

The city is working on Vision Zero to make roads safer for everyone. This initiative focuses on protecting Brandon's most vulnerable people, whether they are walking or using devices like bicycles or wheelchairs. The Vision Zero Task Force, which includes Age Friendly committee members Areta Donnelly and Councillor Greg Hildebrand, has been meeting bi-monthly since 2023. The task force is working on various projects to create safe and accessible neighbourhoods.



These projects include traffic calming measures, reduced speed limits, and crosswalk education.

Residents who want to give feedback on Vision Zero pilot projects or suggest parts of town they should be expanded into can contact City of Brandon Traffic and Transportation Planner Sam van Huizen by phone at 204-729-2105 or by email at s.vanhuizen@brandon.ca.

TRANSIT REVIEW (CONTINUED)

In a final message to older adults, Richardson emphasized the importance of their involvement in the public engagement process. "Even if you are still using your car, there may be a time when public transit could be an important choice for your transportation needs and your input will help determine what the new system will look like," stated Richardson.



For more information and to participate in the ongoing consultation, visit Brandon Transit's website at: www.brandontransit.ca/transit-study or call 204-729-2300 for transit support and questions.

The new transit plan is part of the City's broader strategy for an age-friendly community, and currently there are a number of supports available for transit users. "We encourage older adults to call transit staff for help with route planning. We're not expecting anyone to figure it out on their own," Richardson said, "we still accept cash fares in addition to smart cards, making the system accessible to everyone."

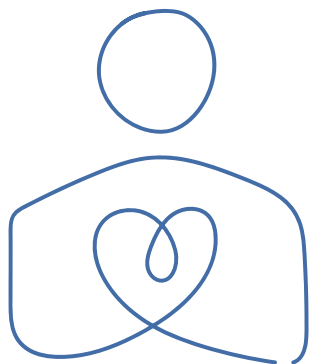
Now is the time; we have not undertaken this large of a review of transportation in our city for decades. The voices of older adults are needed to help shape the new transit plan.

~ Carla Richardson ~



JULY 24TH CELEBRATE INTERNATIONAL SELF-CARE DAY

Self-care is a lifelong habit. It means taking care of your own health using the knowledge you have to make good health choices and work with health and social care professionals when needed. On July 24th, celebrate International Self-Care Day. Let's recognize how important self-care is for Canadians and our health care system.



Seven Pillars of Self-Care

Knowledge and Learning: Understanding health information and knowing how to use it.

Self Awareness: Keeping your mind healthy and being aware of your feelings.

Exercise: Being active and moving your body regularly.

Healthy Eating: Eating good, nutritious food.

Avoiding Risks: Staying away from things that can harm you, like smoking or drinking too much.

Good Hygiene: Keeping yourself clean to avoid getting sick.

Using Health Products Wisely: Using medicines and health products correctly and asking for help when needed.

Check out
www.selfcare.ca for
more information and
resources

UPCOMING EVENTS - JULY

1	Canada Day Celebration	Riverbank Discovery Centre Starts at 10:00 am www.riverbank.mb.ca
2, 9, 16, 23, 30	Music in the Park	Princess Park Starts at 6:30 pm www.brandon.ca/music
4	Party in the Park Ryan Keown	Riverbank Discovery Centre www.riverbank.mb.ca
4, 11, 18, 25	River Roam Thursdays (kayak, canoe, SUP)	Riverbank Discovery Centre 7:00 pm to 9:00 pm Bring your own or rent. Pre-book by contacting programs@riverbank.mb.ca
6, 13, 20, 27	Farmer's Market	Riverbank Discovery Centre 9:00 am to 2:00 pm
8, 15, 22, 29	50+ Fitness	A.R. McDiarmid Civic Services Complex 12:30 pm to 1:30 pm www.brandon.perfectmind.com
10, 17, 24, 31	Drop-in Adult Dance Classes	Fusion Credit Union Stage 6:00 pm to 7:00 pm www.brandon.perfectmind.com
13, 27	The Great Brandon Mystery	Sportsplex - Oval Room 1:00 pm to 5:00 pm www.brandon.perfectmind.com
19, 20, 21	Salamander Summer Music Festival	Rideau Park www.salamanderfest.ca
20, 21	Open Garden Tours	10:00 am to 2:00 pm www.brandon.ca/open-gardens
26	Men's Resource Centre of Brandon Bocce Ball Fundraiser	Princess Park 1:00 pm to 4:00 pm Register: office@brandonjohnhoward.ca Fee: \$100 / team of 4 players

CANADA DAY

10 am: The Aberdeen Turkeys

11 am and 3 pm: Multicultural performance

12 pm: Indigenous performance

1 pm: Opening ceremonies

2 pm and 6 pm: Valdy

5 pm: Wheat City Jug Band

7 pm: J4K

9 pm: Full Flannel Jacket

Plus: Food trucks, Children's area, Farmer's market, kayak experiences, fireworks, and more!

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



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

ABOUT AGE FRIENDLY BRANDON

The Age Friendly Brandon Committee of Council 2024 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 interconnected domains of age-friendly communities. Each edition of News from Age Friendly Brandon will highlight one of the eight age friendly domains.

MEET OUR COMMITTEE MEMBERS - ARETA DONNELLY

Working for the United Way Brandon & District has motivated me to become more involved in community projects and initiatives, like joining the Age Friendly Committee as a community member. Age Friendly communities are growing to ensure that our neighbourhoods are safe, outdoor spaces are easily accessible, and that we have opportunities for seniors to be socially active.

I am very fortunate to have the opportunity, in my professional life, to work and collaborate with several social service organizations and develop positive, strong relationships with many individuals in our community and learn firsthand some of the challenges the seniors in our community face on a daily basis. I volunteered to represent the Age Friendly committee on the Vision Zero initiative (see page 1) to help contribute to safe and accessible neighbourhoods.

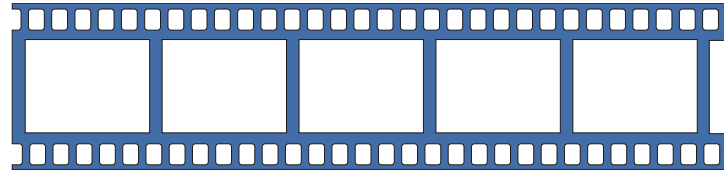


AGE FRIENDLY DOMAIN: TRANSPORTATION

AIM: Age-friendly transportation allows residents of all ages to carry out daily activities. Affordable and available transportation options are offered along with active transportation walkways and trails.

Age Friendly Brandon 2024 action items:

- Review the Transportation Plan and provide feedback.
- Provide input into the Vision Zero initiative.



Filming is underway! Age Friendly is planning for a busy few months of filming with Westman Communications Group! Some of the Transportation initiatives that will be showcased in the vignette project are:

- Public transit
- Vision Zero initiative
- Accessible transportation
- Bicycle lanes
- and more!



Photo Credit: Sandy Black Photography

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

**AGE
FRIENDLY
BRANDON**