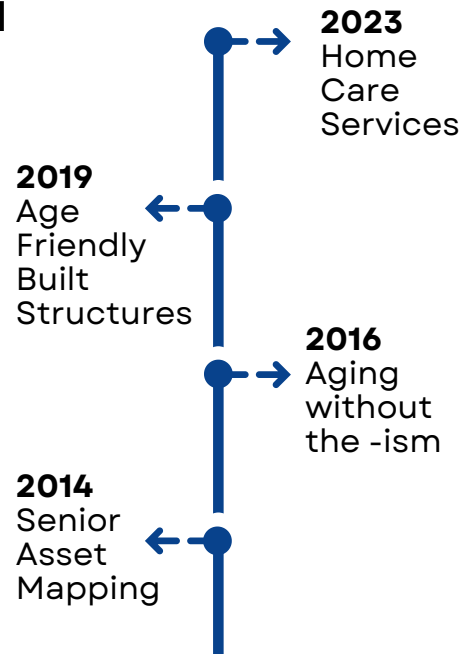


NEWS FROM

AGE FRIENDLY BRANDON

BUILDING AGE FRIENDLY BRANDON THROUGH PARTNERSHIPS

For several years, Age Friendly Brandon has teamed up with the Nursing Program at Brandon University on important community health projects. These projects give fourth-year Bachelor of Nursing students their first real-world experience in community nursing. Myrna Bartel, the interim Clinical Placement Coordinator, says the partnership provides students with “their primary exposure to nursing in the community.” Age Friendly Brandon Committee member Douglas Fraser shared, “this partnership has been a huge success! It gives students valuable hands-on experience, and in return, we receive incredible information that benefits City residents.” The partnership has already produced several valuable deliverables, such as comprehensive reports, recommendations, and materials that help the City improve its approach to aging. This year, the student project will focus on dementia as part of the age-friendly action plan. A working group of Age Friendly Brandon will work closely with the students to explore what is a Dementia Friendly City and explore similarities and differences between an Age Friendly City and a Dementia Friendly City and what that means for Brandon. This partnership continues to build a stronger, more supportive community by combining student learning with real-world health and community services opportunities.



Age Friendly Built Structures in Brandon

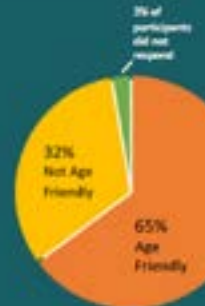
Brandon University Bachelor of Nursing Students in collaboration with the Age Friendly Committee of Council and local seniors, conducted an assessment of buildings in Brandon to determine the level of age-friendliness.

Quick Statistics

18
Structures assessed

37
Assessments completed

8-9
Active participants



“The final reports, recommendations, and materials developed by the BU nursing students are invaluable, insightful, and have become key tools for our work.”
~ Nancy McPherson, Co-Chair ~

THIRD AGE LEARNING COOPERATIVE (TALC)

Want to stay active, learn new things, and meet new people? Do you like sharing your skills and experiences? TALC is a group for retired and semi-retired adults who want to keep learning. TALC offers interesting talks; it is free to attend, and there are no tests, or commitments. You can also enjoy snacks, with an option to donate if you like.

Sessions take place on the first and third Friday of the month, from 9:30 to 11:30 am in room 107, of the Education Building, Brandon University. October sessions include:

4th: Abandoned Manitoba, Gordon Goldsborough

18th: What Constitutes a Good Life? Joe Ball

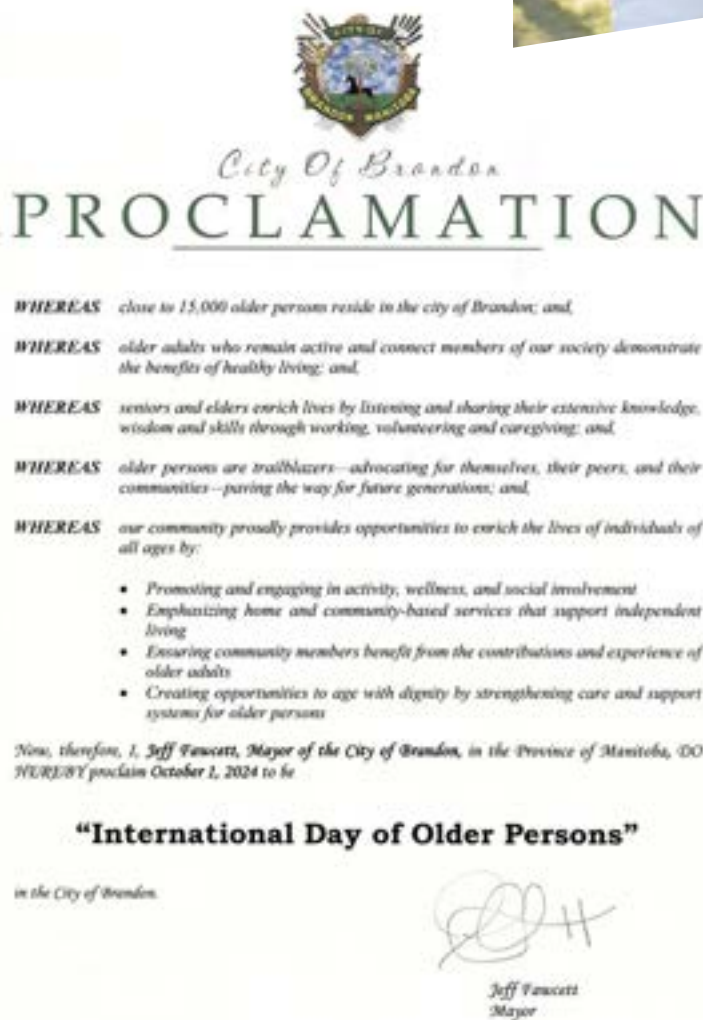
To learn more, visit TALC at:

www.talcbrandon.weebly.com

CELEBRATING OLDER ADULTS: NATIONAL SENIORS DAY AND INTERNATIONAL DAY OF OLDER PERSONS

Every year on October 1st, we honor older adults with National Seniors Day in Canada and the International Day of Older Persons worldwide. Both days celebrate the contributions of seniors and promote respect and inclusion.

National Seniors Day focuses on thanking Canadian seniors for their hard work, wisdom, and continued role in our communities. Our seniors are still active in our communities and continue to have a strong presence in the workforce. You can celebrate locally by cooking a meal, spending time together, or simply reaching out to an older neighbour, co-worker, friend, or family member to say “thank you”.



International Day of Older Persons, created by the United Nations, shines a light on global issues like healthcare, social inclusion, and age discrimination. Both days highlight the importance of seniors in our lives and encourage us to build age-friendly communities. Whether through local events or global advocacy, October 1st is a chance to celebrate older adults and their lifelong contributions.

UPCOMING EVENTS - OCTOBER

1	Wandering and Dementia	Virtual via ZOOM 10:00 am to 11:00 am FREE register at www.alzheimer.mb.ca
3	Try it! Seniors Bowling	T Birds Bowling Starts at 1:30 pm To sign up call Hannah at 204-717-9918
4	Sisters in Spirit Petal Ceremony Healing by the River	Dinsdale Park, Starts at 10:00 am Riverbank Discovery Centre Healing by the River starts at 2:00 pm Closing ceremony starts at 5:00 pm
9, 16, 23, 30	Crochet - Granny Square Blanket	A.R.McDiarmid Civic Services Complex 7:00 pm to 8:30 pm https://brandon.perfectmind.com
8	Elvis - The Vegas Years	Western Manitoba Centennial Auditorium 7:30 pm to 9:30 pm Tickets at www.wmca.ca
12	Former Brandon Mental Health Centre Tour	Assiniboine College North Campus 3:00 pm to 5:00 pm https://brandon.perfectmind.com
19	Alzheimer Society care4u Conference	Building Confidence for Day-to-Day Care 9:00 am to 3:30 pm, Winnipeg, MB Cost: \$50 Register at www.alzheimer.mb.ca
19	First Aid & CPR for Pets	A.R.McDiarmid Civic Services Complex 1:00 pm to 4:00 pm https://brandon.perfectmind.com
19, 20, 26, 27	35th Annual Arts & Crafts Sale	Keystone Centre 10:00 am to 5:00 pm each day www.brandonsbigone.com
23, 30, Nov 6, 13, 20, 27	Acrylic Painting for the Beginner	A.R.McDiarmid Civic Services Complex 5:30 pm to 6:30 pm https://brandon.perfectmind.com
30	Halloween Horror Trivia Night	The Eagles Nest 7:00 pm to 9:00 pm https://brandon.perfectmind.com



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



Photo Credit: T Birds Bowling

Happy Thanksgiving



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

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. Each edition of News from Age Friendly Brandon will highlight one of the eight age friendly domains.

MEET OUR COMMITTEE MEMBERS - SUSAN BOYACHEK

Following a career beginning with the Province of Manitoba in a planner role, and then concluding in municipal government as a CAO, my husband and I made the wonderful choice to retire to Brandon in 2018. Brandon had, and still has, the vibes of the biggest little town in the Province, offering numerous services, activities and great community spirit. I was appointed to the Age Friendly Committee in January 2019 and have been Co-Chair for the past two years and have found these six years very rewarding. When I considered volunteering on a committee I had three personal goals in mind. First to meet new people and build community connections.

Life changes when moving to a new city or retiring from a career. Volunteering is a great way to build friendships with like-minded people who are finding creative and progressive solutions for our community.

Second, I wanted to keep my mind engaged. Volunteering keeps the brain active. As we grow older, our sense of purpose might begin to fade. Regaining a feeling of purpose through volunteering allowed me to recharge during my transition into retirement.

Third, and most importantly, I wanted the opportunity to have a positive impact within the Community. The old adage of being part of the solution. Volunteers strengthen communities by filling resource gaps as well as acting as a catalyst for community development and change.

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

RESPECT AND SOCIAL INCLUSION

Creating environments that are socially inclusive places, where all people - regardless of age, gender, social position, health or disability - are respected and have opportunities to participate and contribute.

