

# NEWS FROM

**AGE  
FRIENDLY  
BRANDON**

## HEALTH CHECKS

THERE'S A WHOLE LOT OF LIVING LEFT TO DO

By: Pamela McTavish

The 6th Annual Community Health and Wellness Expo is coming up at the BU Health Living Centre on September 10th. The FREE Expo is designed for people of all ages, especially older adults and their caregivers. The event provides important information on how to stay healthy and age well.

According to Steering Committee Co-Chair, Meryl Orth, Health Checks 2024 will feature over 50 kiosks, including health screens, activities, and demonstrations. There are three keynote presentations including City of Brandon Emergency Preparedness, 211 Manitoba, and the Canadian Revenue Agency. Orth became involved after helping her own mother as an unpaid caregiver and learning first hand how difficult this can be for anyone.

“  
Every year we are  
validated by the attendees  
who come out, and those  
who tell us how important  
this day is to them.  
~ Meryl Orth ~

Orth noted that being “part of this grassroots initiative is very important to her personally and she is humbled to be part of such a dynamic team that truly understands and supports the ageing community at large”.

Health Checks started in 2019 as a community initiative. It was originally sponsored by Age Friendly Brandon, local non-profits, Brandon University, Prairie Mountain Health, concerned citizens, and consultants in a grassroots

multisectoral approach to the WHO’s Age Friendly Communities. The goal was to support older adults in aging in place, meaning living safely, and independently in their own homes for as long as possible.

Orth was excited to share that “the Health Checks team was recognized by the UN Decade of Healthy Aging Progress Report as a Case Study” ([www.decadeofhealthyageing.org](http://www.decadeofhealthyageing.org)). To learn more about Health Checks visit [www.brandonmbhealthchecks.ca](http://www.brandonmbhealthchecks.ca)

## THIRD AGE LEARNING COOPERATIVE (TALC)

Want to stay active, learn new things, and meet new people? Interested in sharing your skills and experiences? TALC is a group for retired and semi-retired adults who want to keep learning and exploring. TALC offers interesting talks and projects on a variety of topics. There's no cost to attend, no tests, and no commitments. Refreshments are provided (with a voluntary donation).

**WHEN:** First and third Friday of the month, 9:30 to 11:30 am



**WHERE:** Room 107, Education Building, Brandon University



On September 20th, Dr. Susan Medd will give a presentation on the *Regression of Women's Rights Around the World*. To learn more, visit TALC at: [www.talcbrandon.weebly.com](http://www.talcbrandon.weebly.com)

## COMMUNITY SAFETY & WELL-BEING PLAN (CSWB)

Brandon is working with the Canadian Centre for Safer Communities to create a Community Safety & Well-Being Plan. The plan looks at how Brandon handles safety issues now and how we can improve in the future.

The city wants to know how you feel about safety and well-being in Brandon and is inviting you to participate in a survey. Your answers will help the steering committee create a safety plan for our community.

You can take it online by scanning the QR code or request a paper copy by emailing

[cswbplan@brandon.ca](mailto:cswbplan@brandon.ca).

The survey will be open until October 31, 2024.

The survey results will help shape Brandon's CSWB Plan, which will be shared with the public in 2025. For more information, visit [www.brandon.ca/community-safety-and-well-being-plan](http://www.brandon.ca/community-safety-and-well-being-plan)



## WORLD ALZHEIMER'S DAY

World Alzheimer's Day is on September 21 every year. This day is dedicated to raising awareness about Alzheimer's disease.

The Alzheimer Society of Manitoba is hosting **Spotlight on Local Research: Connecting the Dots** on September 19.

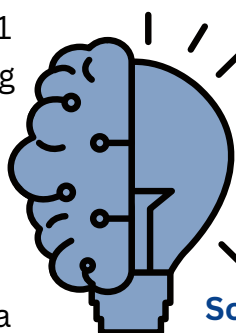
The FREE session includes three Manitoba researchers discussing the latest advances in

their fields of study and how these relate to dementia and brain health research. You can register at [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca).

The number of people with dementia in Canada is increasing, and by 2050, over 1.7 million people are expected to have it. But there's good news—there are ways to lower your risk!

Here are **10 tips** from the Alzheimer Society to help reduce your dementia risk:

- 1. Be Active:** Exercise every day.
- 2. Protect Your Hearing:** Use hearing aids if needed and avoid loud noises. Get your hearing checked regularly.
- 3. Stay Social:** Keep in touch with family and friends.
- 4. Manage Health Conditions:** Work with your healthcare provider to manage conditions like diabetes and obesity, which can increase dementia risk.
- 5. Quit Smoking:** Stopping smoking, even later in life, can benefit your brain health.



**Did you know? Alzheimer's disease and dementia are not the same. Dementia is a general term for symptoms like memory loss caused by different brain disorders. Alzheimer's disease is the most common type of dementia, making up 60-80% of cases. So, while all cases of Alzheimer's are dementia, not all dementia is Alzheimer's.**

- 6. Seek Help for Depression:** Treating depression can improve your mood and brain health.
- 7. Drink Less Alcohol:** Drinking more than 12 drinks a week can raise your risk.
- 8. Protect Your Heart:** Keep an eye on your blood pressure and heart health.
- 9. Avoid Head Injuries:** Be careful to avoid activities that could lead to concussions or brain injuries.
- 10. Get Quality Sleep:** Aim for 6 to 8 hours of good sleep each night.

## UPCOMING EVENTS - SEPTEMBER

4, 11, 18, and 25	Crochet - Granny Square Blanket	A.R.McDiarmid Civic Services Complex 7:00 pm to 8:30 pm <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
4, 11, 18, 25, and Oct 2	Zumba Gold	A.R.McDiarmid Civic Services Complex 7:00 pm to 8:30 pm <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
5	The RCAF Band	Riverbank Discovery Centre Starts at 6:30 pm <a href="http://www.bradon.ca/music">www.bradon.ca/music</a>
7, 14, 21, 28	Farmer's Market	Riverbank Discovery Centre 9:00 am to 2:00 pm
10	6th Annual Community Health and Wellness Expo	Brandon University Healthy Living Centre 9:30 am to 1:30 pm <a href="http://www.bradonmbhealthchecks.ca">www.bradonmbhealthchecks.ca</a>
12 to 15	Brandon University Homecoming	Various events and activities, see the website for more info and to register: <a href="http://www.bradonu.ca/homecoming">www.bradonu.ca/homecoming</a>
13 to 15	Paddle Fest (clinics, vendors, and more!)	Riverbank Discovery Centre For more info or to register contact 204-729-2141 or <a href="mailto:programs@riverbank.mb.ca">programs@riverbank.mb.ca</a>
19	Alzheimer Society Manitoba Research Forum	Live streaming viewing party at Brandon Seniors for Seniors Co-op Inc. 6:00 pm to 7:30 pm <a href="http://www.alzheimer.mb.ca/researchforum2024">www.alzheimer.mb.ca/researchforum2024</a>
21	Brandon's Largest Garage Sale	Keystone Centre 9:00 am to 3:00 pm Contact 204-571-8929 or <a href="mailto:events@brandonuw.ca">events@brandonuw.ca</a>
21	Cemetery Tour Murder and Mayhem Stories	A.R.McDiarmid Civic Services Complex 7:00 pm to 8:30 pm <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
30	National Day for Truth and Reconciliation	Riverbank Discovery Centre Orange Shirt Day Walk Starts at 12:00 pm For further information on Truth and Reconciliation Week activities check out Brandon Urban Aboriginal Peoples' Council (BUAPCBDN) on Facebook



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



Photo credit: Sandy Black Photography



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



Photo credit: Rob Lovatt of Keywest Photo Image by Design Inc.



## 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 - DOUGLAS FRASER

My wife and I moved to Brandon from Alberta in September 2019. A friend from Winnipeg told me about Age Friendly Brandon. I wanted to help improve our community, so I joined the Age Friendly Committee when I had the chance. I believe everyone should have a high quality of life in our city, no matter their age or situation.

I used to work as a Professional Engineer, Educator, and Technology Advisor before retiring. My education focused on materials science and engineering. Over the years, I worked in the oil industry, Canadian nuclear industry, as well as education and government sectors.

Nowadays, I am a part-time artist who is involved in art education, photography, music, reading, and writing. I also stay active with kayaking, canoeing, hiking, walking, cycling, and indoor rowing. I'm interested in mental health, lifestyle choices, and fitness. Life-long learning is important to me, and I am a curious guy who likes to ask, "Why?"

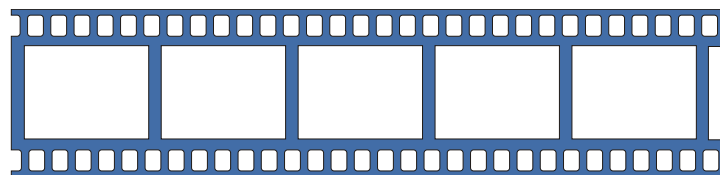


## SOCIAL PARTICIPATION

AIM: Promote participation in social life and combat loneliness and isolation by creating, maintaining, and promoting supportive environments that enable social interaction and active lifestyles.

### Age Friendly 2024 action items:

- Partner with Brandon University to promote what BU has to offer, showcasing age-friendly aspects
- Support Manitoba Alzheimer Society in the "Building Dementia Friendly Communities" initiative



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

- Lawn Bowling
- Music in the Park
- Museum walking tours
- TALC
- and more!

**Follow us on Facebook @ Age Friendly Brandon**  
**Visit our website: [www.brandon.ca/agefriendly](http://www.brandon.ca/agefriendly)**

