

# NEWS FROM

**AGE  
FRIENDLY  
BRANDON**

## ADDRESSING LONELINESS: A TALC YOU WON'T WANT TO MISS

Join Dr. Rachel Herron and Dr. Nancy Newall on January 24th for a TALC event titled 'Addressing Loneliness From the Inside Out'. Loneliness is a feeling of being unhappy with our social connections. While short-term loneliness can encourage us to reach out, long-term loneliness can harm our quality of life. This presentation will explore how people experience and deal with loneliness, as well as how communities and environments can help reduce loneliness. Don't miss this opportunity to learn practical ways to address loneliness and build stronger connections! For more information visit: <https://talcbrandon.weebly.com/>

**About the presenters:** Dr. Rachel Herron is a professor at Brandon University who studies rural mental health and social inclusion, see: <https://www.centreforruralmentalhealth.com/> Dr. Nancy Newall is a psychology professor at Brandon University who researches loneliness and works on projects to promote social connection, see: <https://www.targetingisolation.com/>.



## IDEAS FAIR: CONNECTING COMMUNITIES

On December 11, 2024, Age Friendly committee members Jim Doppler, Doug Fraser, and Sylvia Barr attended Prairie Mountain Health's Ideas Fair. The event brought together 50-60 participants, including health professionals, community leaders, and volunteers, to discuss strategies for strengthening communities. "This was a great event for discussing what makes a community thrive," said Jim Doppler. "We talked about the six building blocks of strong communities which included institutions, places, stories, associations, residents, and sharing of talents and

community resources."

Other highlights of the ideas fair included 'The Good Life Conversation' which helps to understand the gifts and contributions a person can bring to the community, Asset Based Community Development (ABCD), and 211. "I loved starting the day by sharing what we're proud of in our communities," said Sylvia Barr. "Hearing about fundraising successes, new facilities, and strong personal connections was inspiring."

Our committee members felt that the fair was a valuable opportunity for learning, sharing ideas, and networking. Age Friendly looks forward to further collaboration with PMH.

## CYCLING WITHOUT AGE INITIATIVE COMING TO BRANDON

Age Friendly Brandon, along with our partners at Brandon Seniors for Seniors, A&L Cycle, and Brandon Riverbank Discovery Centre, are excited to announce that we have been approved for a Community Collaboration Grant under Age Friendly Manitoba 2.0! The funds will help us kick off Phase I of our Cycling Without Age initiative! Watch future editions of News from Age Friendly Brandon for more details.



## ALZHEIMER'S AWARENESS MONTH: YOUR PATH FORWARD

Every January, Canadians come together to recognize Alzheimer's Awareness Month. In Manitoba, over 20,300 people are living with dementia today, and this number is expected to nearly double by 2050.

Hearing the words "you have dementia" can feel overwhelming, but no one has to face this journey alone.

That's where the Alzheimer Society of Manitoba steps in.

Their 2024 campaign, "Your Path Forward" focuses on helping people better understand dementia and find the support they need. The Society's caring team connects individuals and their families with resources and programs to guide them every step of the way.

Gary Elbers is one of the many Manitobans who found hope through the Alzheimer Society. When his wife Brenda was diagnosed with dementia, Gary felt completely lost. "I was so overwhelmed – I didn't know anything about dementia," Gary shared. With the Society's help, Gary gained the skills he needed to support Brenda. Today, Brenda continues to live at home, thanks to Gary's care and the knowledge he gained from the Alzheimer Society.

Connecting with the Alzheimer Society was our lifesaver. I felt like I was drowning in a sea of uncertainty, and they threw me a lifeline, giving me hope when I felt utterly lost.

~ Gary Elbers ~

Whether you're worried about memory changes, adjusting to a diagnosis, or supporting a loved one, the Alzheimer Society can help you figure out your next steps.

"Our message is simple: You don't have to do this alone," says Erin Crawford, CEO of the Alzheimer Society of Manitoba. "We're here to guide you, support you, and connect you with resources that fit your unique needs."

The Alzheimer Society's First Link® Client Support program is there for families at any stage of the dementia journey. The program offers one-on-one counselling, support groups, education sessions, and dementia-friendly programs.



Local programming from the Westman office is available for families including information and resources, support groups, online education, the Minds in Motion® program, and more. For more information visit [alzheimer.mb.ca](http://alzheimer.mb.ca) or contact the Alzheimer Society of Manitoba's Westman office at: 204-729-8320 or toll-free 1-800-378-6699 or email [cjeffries@alzheimer.mb.ca](mailto:cjeffries@alzheimer.mb.ca)

### UPCOMING EVENTS - JANUARY

6, 13, 20, 27	50+ Fitness	A.R. McDiarmid Civic Services Complex 12:30 pm to 1:30 pm till March 3rd <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
10, 24	TALC Talks	BU, Education Bldg., Room 107 Starts at 9:30 am <a href="https://talcbrendon.weebly.com/">https://talcbrendon.weebly.com/</a>
15, 22, 29	Zumba Gold	Westridge Community Centre 6:15 pm to 7:15 pm till Mar 5th <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
12	Elvis' 90th Birthday Bash	Western MB Centennial Auditorium 2:00 pm to 4:15 pm <a href="https://www.wmca.ca/events">https://www.wmca.ca/events</a>
15, 22, 29, Feb 5	Crochet Granny Square Blanket	A.R. McDiarmid Civic Services Complex 7:00 pm to 8:30 pm till Feb 5th <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
19	Urban Eclipse film screening	Riverbank Discovery Centre Doors open at 1:00 pm For more info contact 204-717-8802
21, 22, 23	Manitoba Ag Days	Keystone Centre 9 am to 5 pm Daily <a href="https://www.agdays.com/">https://www.agdays.com/</a>
22, 29, Feb 5, 12	Empowered Eating	Virtual session with PMH 6:30 pm to 8:30 pm To register call 1-877-509-7852
22, 29, Feb 5, 12	Line Dancing	Brandon Community Sportsplex 11:00 am to 11:45 am till Feb 12th <a href="https://brandon.perfectmind.com">https://brandon.perfectmind.com</a>
25	Konektd Brandon Chamber Players	McDiarmid Drive Alliance Church Starts at 7:30 pm Tickets available at: <a href="https://brandonchamberplayers.ca/contact-us">https://brandonchamberplayers.ca/contact-us</a>
26	A Choral Celebration	Knox United Church BU and U of Regina Choirs Starts at 3:00 pm For info contact: <a href="mailto:music@brandonu.ca">music@brandonu.ca</a>



### VIRTUAL EVENTS

Living with Dementia  
January 11  
10 am to 11:45 am  
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Income Tax and Other  
Financial Matters  
January 14  
2 to 3 pm  
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Register at  
<https://alzheimer.mb.ca>



### PHONE EVENTS

Vaccines for Older Adults  
January 14  
9:30 am to 10:30 am  
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Welcome to Seniors  
Centre Without Walls  
January 15  
10 am to 10:45 am  
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Friendly Calls Program:  
Canadian Red Cross  
January 28  
1:30 pm to 2:15 pm  
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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](mailto: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.



**Age Friendly**

**Brandon info line:**

**204-729-2525**

congregate meal programs, personal and home maintenance services as well as home care and integrated health care services. Close-by professional health services, such as: emergency, medical, dental, physiotherapy, pharmacist, mental health and counselling services allow people to stay healthy and enjoy living active lives.

## COMMUNITY SUPPORTS AND HEALTH SERVICES

Whether people can age in place depends upon various factors, including the availability of community supports and services that meet their needs. Community services include a variety of positive supports for children, youth and adults.

Older adult services could include

## MEET OUR COMMITTEE MEMBERS NANCY MCPHERSON

I was raised on a farm in the Brandon Hills by parents who had a strong sense of community. My dad was also politically astute and understood the importance municipal government. Like many rural kids, we never talked about things like civic engagement but we saw our parents do what needed to be done for the community as a whole. Watching my parents and neighbours invest in their community has shaped every aspect of my life. I have chosen to be an active volunteer wherever I live because I enjoy it immensely and I want to help my community thrive.

I'm a registered nurse and have a passion for under-served populations and social justice issues. I've worked in many different areas –



northern/remote, rural and urban, and in the West Indies and north eastern Siberia.

I'm currently a Population Health Planner Analyst with Prairie Mountain Health focusing on the social determinants of health. Because

of this role, I've been with Age Friendly Brandon since its inception as the appointed health representative. Having lived in a variety of places, I look at Brandon through a broad lens and draw ideas from many other communities. Age Friendly Brandon has given me the opportunity, personally and professionally, to work in partnership with many individuals and organizations to build a community that supports every resident to live their best life.

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**Visit our website: [www.brandon.ca/agefriendly](http://www.brandon.ca/agefriendly)**

