

NEWS FROM

**AGE
FRIENDLY
BRANDON**

JOIN THE AGE FRIENDLY COMMITTEE OF COUNCIL

The Age Friendly Brandon Committee of Council is looking for passionate and dedicated older adults to get involved! This committee works to ensure that our city remains a welcoming and accessible place for older adults, focusing on initiatives that enhance the quality of life for all.

Why Join? Serving on the committee is a meaningful way to give back to your community, share your experiences, and make a lasting impact. You will collaborate with other residents and city officials to address key issues like mobility, housing, and social inclusion for older adults. Your voice can help make a difference in creating an age-friendly environment for generations to come.

How to Apply? Applications are now being accepted through the City Clerk's Office and are due **November 15, 2024**. Any interested persons can contact the clerk's office for more information and an application form at: cityclerk@brandon.ca or 204-729-2296.

What is involved? Committee members commit to attend regular monthly meetings and participate in related activities. Applications once submitted will be reviewed by City Council with appointments made in December and 2-year term positions start January 1, 2025. Take this opportunity to be a part of something important—join the Age Friendly Committee today!

MINDS IN MOTION®: FITNESS, FUN, AND FRIENDSHIP

The Minds in Motion® program, offered by the Alzheimer Society of Manitoba is making a meaningful impact for individuals living with dementia. This unique program promotes physical activity, social engagement, and mental stimulation. "I've seen firsthand how valuable this program is for individuals living with dementia and their care partners," says volunteer facilitator Chris Waugh (pictured). "It's incredible to watch the positive energy in the room as people laugh, exercise, and share stories."

Long-time program participants shared, "Minds in Motion is like coming home for us, and makes a big difference in our lives."

Waugh also noted the importance of volunteers and supports available from the Alzheimer Society in making the program a success. The next session starts November 14th.



For more information or to register, contact:
204-571-2050 or reception@brandons4s.ca

RADON AWARENESS MONTH

November is Radon Awareness Month in Canada, a time dedicated to educating the public about the risks of radon exposure and encouraging homeowners to test for radon. It's the perfect time to get informed and take action to protect your family's health. One important thing to know about is radon, a gas that can affect your health without you even knowing it's there.

DID YOU KNOW?

RADON is invisible, odorless, and comes from the natural breakdown of uranium in soil.

Why is Radon a Problem in Manitoba?

The soil in Manitoba has high amounts of uranium, which breaks down and releases radon gas. Because our winters are long and cold, we tend to keep our homes sealed up tight, trapping radon inside. Radon enters through cracks in the foundation, gaps around pipes, and other small openings.

Why Should You Care About Radon?

Radon is a serious issue because it's linked to lung cancer. In fact, after smoking, it's the second leading cause of lung cancer in Canada. Breathing radon over a long period increases your risk, especially if you've spent many years in the same home. Since we can't see or smell radon, the only way to know if it's in your home is to test for it.

What Can You Do About Radon?

Take the time to test your home for radon, and if needed, reduce the levels to keep you and your family safe!

Call to Action

The Manitoba Lung Association provides information on testing, sells test kits, and also provides assistance with radon mitigation through their Lungs Matter Grant Program to those who have been diagnosed with lung cancer, or are a low to moderate-income household, see: www.mb.lung.ca Take Action on Radon is a helpful website with lots of resources and information on testing and reducing radon in your home, see <https://takeactiononradon.ca/>.

FALL PREVENTION MONTH

Every November, Manitoba marks Fall Prevention Awareness Month to help reduce the risk of falls, especially for older adults. Falls are one of the main causes of injury for seniors, with one in three experiencing a fall each year. These falls can lead to serious injuries, like broken bones, and affect independence.



Check your risk by completing a Fall Check Up at:
<https://preventfalls.ca/older-adults/prevent-fall-check-up/>

Simple steps can help prevent falls, such as using grab bars, non-slip mats, and good lighting. Staying active, wearing proper shoes, and getting regular vision and hearing checkups also make a big difference. By raising awareness, we can help older adults stay safe, active, and independent longer. Visit <https://prairiemountainhealth.ca/programs-and-services/patient-safety/falls-prevention/> for tips and resources on fall prevention.

UPCOMING EVENTS - NOVEMBER

1, 15	Third Age Learning Cooperative	Brandon University, Ed. Bldg., Room 107 Starts at 9:30 am https://talcbrandon.weebly.com/
6, 13, 20, 27, and Dec 4, 11	Zumba Gold	Westridge Community Centre 6:15 pm to 7:15 pm https://brandon.perfectmind.com
9, 10	Apple & Pine Christmas Market	Keystone Centre, Manitoba Room 9th: 11 am to 5 pm 10th: 10 am to 4 pm www.appleandpinemarket.com
10	Holiday Pom Pom Wreath	A.R.McDiarmid Civic Services Complex 1:00 pm to 4:00 pm https://brandon.perfectmind.com
13, 20, 27 and Dec 4	Crochet - Toque and Scarf	A.R.McDiarmid Civic Services Complex 7:00 pm to 8:30 pm https://brandon.perfectmind.com
14, 15, 16	Over the River and Through The Woods Dinner Theatre	Ukrainian Reading Assoc Hall, 1005 Assiniboine Ave www.ticketowl.io/assiniboinetheatrecompany
16	Christmas Market	Riverbank Discovery Centre 10:00 am to 4:00 pm Call 204-729-2183 for more information
18, 25, and Dec 2, 9, 16, 23	50+ Fitness	A.R.McDiarmid Civic Services Complex 12:30 pm to 1:30 pm https://brandon.perfectmind.com
1, 8, 15, 22, 29	Central Senior Dance	Central Community Centre, 529-4th Street 1:30 pm to 3:30 pm For more info: Call Pat 204-901-1910
24	Winter Wood Round	A.R.McDiarmid Civic Services Complex 1:00 pm to 4:00 pm https://brandon.perfectmind.com
26	Cirque Musica Holiday Wonderland	Keystone Centre Starts at 7:30 pm www.ticketmaster.ca/event/110060F8827D1732



Age Friendly
Brandon info line:
204-729-2525



**YOUR OPINION
MATTERS**

NOVEMBER 13

Community Safety and Well-Being in Brandon Engagement Session

Time: Drop in anytime between 1 pm - 3 pm

Location: Brandon Seniors for Seniors



YOU'RE INVITED

**END OF NOVEMBER
Ageism Workshop**

Interested in participating or learning more? Email
agefriendly@brandon.ca

Remembrance Day Service

NOVEMBER 11

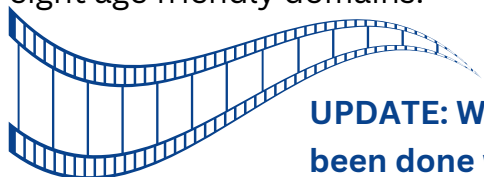
Keystone Centre
Doors open at 9 am



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.



UPDATE: We are still busy with filming for our vignette initiative. Shoots have been done with Westman Regional Library, Third Age Learning Cooperative, Brandon Transit, Heritage Coop, Home Health Care Pharmacy and more!

MEET OUR COMMITTEE MEMBERS - JIM DOPPLER

Born and raised in small town Saskatchewan, however Brandon has been our home base since 2005. Having served Canada for 40 years as a member of the Canadian Armed Forces, then as a Security Analyst for the Department of National Defence (DND) and closing out my career as the Chief Administrative Officer (CAO) in the town of Minnedosa. We have lived in and experienced many communities across Canada and abroad with each being a unique and special place. Throughout my career being involved in community life and activities has been important to me and has been so fulfilling knowing that I have helped make each of these communities' good places to live.



CIVIC PARTICIPATION AND EMPLOYMENT

An Age-Friendly community has a range of opportunities for civic participation, employment, and volunteer positions that allow all residents, including older adults to stay active, involved, and to feel personal fulfillment for contributing their time, knowledge, and skills.

Communities survive and thrive on the efforts of volunteers and that is why each of us need to do what we can.

Since retiring I have become more concerned with what retirement and my future will be, which is why I am getting involved with committees like Age Friendly. I not only want to ensure that my wife and I can enjoy living as we age but ensure that resources and services are available well beyond our time.

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

