

# CELEBRATE • Healthy Aging

## Festive fall activities



Now that fall is almost here, it's the season for enjoying the beautiful colored leaves and pumpkin spice everything. To make the most of this glorious season, here are a few fun fall activities that can be enjoyed alone, with family and friends, or with a caregiver.



### Do some baking

Whether it's baking apple pie or crumble after a day at the orchard, or making a batch of your favorite cookies—baking is a wonderful way to spend a fall day. Have a little baking party with your family or friends, or together with your caregiver who can pick up what you need from the baking aisle and help with cleanup afterward.

### Head to a pumpkin patch

No matter where you live, chances are there's a pumpkin patch somewhere close by! Many pumpkin farms offer other activities to help you make a day of it, like hayrides, petting zoos, and refreshments. Make it a family outing or have a friend accompany you to enjoy the crisp autumn air and help you pick out a pumpkin for baking or carving for Halloween. Many feature live bands, wagon rides, animal farms, fresh fruits and vegetables, giant crops, corn mazes etc.

### Enjoy a day of yard work

Raking leaves and other yard work can be a pain, but with a little help from others, you can make a fun day of it! You can enlist friends or family to help you make some fall-themed snacks and hot apple cider that you can enjoy outdoors. If fires are permitted in your area, grab some blankets and marshmallows and relax by the fire after the yard work is done!

### Get 'Hygge'

Hygge (pronounced hoo-gah) is a huge trend that comes from the Danish word for cozy and a set of principles that go along with it. Hygge involves staying in and setting up your space with warm lighting from candles, lamps or a fire, wearing your comfiest clothes, being present and indulging in simple relaxing activities.

Play some games or read together, or just talk over a relaxing hot drink while the leaves fall and the wind blows. Doesn't that sound amazing?



### Attend a fall fair

It's fall fair season so why not venture out and enjoy the sights, sounds, and flavours. You can head to one of the many large agricultural fairs in the province or visit a local community fair or church bazaar.

### Check out the stunning foliage

We are blessed to live in a beautiful country that's especially magnificent when the leaves change colours. Take advantage of all the leafy goodness with a walk in a local park or a drive along a scenic road. Ask friends or family to accompany you and make it a group outing. Breathe the fresh air, admire the beautiful colors on display, and hear the crunch of fallen leaves as you walk!

### Adapt activities to suit different mobility levels:

- Open a window to let in some fresh air
- Relax in the backyard or on the deck or porch
- Walk to the mailbox and back on a nice day
- Stroll a block or two in the neighborhood
- Walk through a local park

### Try a fall craft

You don't need to be crafty to make something beautiful. The internet is full of free tutorials for fall themed crafts for people of all skill levels and ages! Fallen leaves can be strung together to make a festive fall garland and pinecones and acorns gathered and painted to display in bowls and on mantles. Enlist the help of friends or family to gather or shop for supplies and make it a group activity!

### Go for a hike

The arrival of fall presents a perfect opportunity for hiking. If you are able, find a nearby park or nature path for an afternoon hike. The beautiful autumn temperatures will help you enjoy the outdoors so much more. It's refreshing to feel the crisp fall air and watch the leaves change color!

### Autumn Gardening

With beautiful weather and mild temperatures, fall is an excellent time to start a garden of perennial plants. There are many flowers and other fall-friendly plants to choose from.

These fun fall activities can help keep you and your loved ones active and healthy. This autumn season, take advantage of the beautiful weather, get outdoors, explore and try something new! The possibilities are endless.



## Join us for an Active Aging Day Event

When: October 3rd 10:30 am -1:30 pm

Where: The Wellness Institute, 1075 Leila Avenue, Winnipeg

Admission is FREE and all are welcome!

Inspired by Active Aging Week, this event aims to help anyone 55+ find support to live a healthy lifestyle and extend their years of ability and independence. For more information please call the Wellness Institute front desk: **204-632-3900** or visit: **www.wellnessinstitute.ca**

**Celebrate Active Aging and doing the things you love!**





# CELEBRATE • Strength & Balance

## Exercises you can do at home

While it's not possible to completely prevent a fall, exercises that focus on balance and strength training can reduce the risk of falling. These exercises can help improve balance and build strength to help prevent future falls. As you age activities such as squatting, standing up from a chair and walking may be difficult or make you feel unsteady, which increases the risk of falling. The following exercises are intended for those who have a low risk of fall and are able to stand without support from others. Always talk to your doctor or physical therapist before starting new exercises, especially if you have weak balance.



### Hamstring Curls

**Benefit:** helps improve balance and leg strength.

While standing, hold onto a sturdy chair or counter for support and slowly and gently lift your right heel off the floor and raise your foot as high as it is comfortable for you. Hold it up for a count of three then slowly lower your foot back to the floor. Repeat with the other foot. Repeat 3-5 times for each leg.



### Knee Raises

**Benefit:** helps improve body alignment and posture, improve balance and prevent low-back pain.

While standing, hold onto a chair for support and bend your knee to lift one foot off the floor. Hold your knee up for a count of three then lower your foot back down. Repeat 3-5 times for each leg. This can also be done in a seated position.



### Mini Squats

**Benefit:** helps improve lower body strength and ability to squat and things at lower level.

Hold onto a support such as a counter or chair. Keeping your toes forward, bring your leg out to the side and pause with your foot off the floor. Stay standing tall and do not lean. Bring your leg back and rest. Switch legs and repeat on the other side. Alternate 3-5 times.



### Calf Raises

**Benefit:** helps improve balance and leg strength.

Hold onto a counter or chair for balance. Tighten your core (tummy) muscles and rise up onto the balls of your feet. Keep your heels off the ground and count to three. Slowly lower your heels back down. Keep your toes pointing forward and your heels in line with your toes. Repeat 3-5 times.

# CELEBRATE • Getting Involved

## Looking for volunteer opportunities?

**Thinking about how you could contribute to the active aging community?**

**Consider joining our Board of Directors!**

### Who we are

Active Aging in Manitoba (AAIM) is a not-for-profit organization, dedicated to the promotion of active aging opportunities for all older Manitobans!

### What we do

Active Aging in Manitoba encourages all older Manitobans to move more and sit less; to continue to connect with and contribute their time, knowledge and skills to their community; and, to strive toward optimal health for life.

AAIM promotes and provides programs and services that encourage older Manitoban participation through peer volunteer leadership development, awareness and education on healthy active aging topics, and management of the annual Manitoba 55 Plus Games sport for life program.

**Or become a Peer Leader Volunteer!**

### What is Steppin' Up with Confidence?

Steppin' Up with Confidence is an active living peer led exercise program. Steppin' Up with Confidence is designed to work on functional fitness that will support activities of daily living. With an emphasis on strength, mobility, flexibility, and balance the goal of this program is to support falls prevention, and continued independence. This inclusive program can be done seated or standing and supports individuals at various levels of fitness and mobility.

### Who should get involved?

All Manitobans 55 years of age or older with an interest in healthy, active aging and a desire to lead an exercise class for their peers.

### What will you learn?

- The importance of regular physical activity on healthy aging and functional ability.
- The proper ways to do a variety of exercises that help older adults stay healthy and independent.
- How to prepare and lead an exercise class for older adults.

*"Aging is not 'lost youth' but a new stage of opportunity and strength."*



### For more information:

**Website:** [www.activeagingmb.ca](http://www.activeagingmb.ca)

**Email:** [info@activeagingmb.ca](mailto:info@activeagingmb.ca)

**Phone:** 204-632-3947





# CELEBRATE • Active Aging Week

September 30 - October 6, 2024

## About Active Aging Week

Active Aging Week, which was first launched by the International Council on Active Aging (ICAA) in 2003, is an annual weeklong campaign aimed at celebrating and highlighting the positive aspects of aging. The event showcases the abilities of older adults and their valuable contributions to society while also emphasizing the role models who lead the way.



The overarching goal of Active Aging Week is to challenge society's negative perceptions of aging by demonstrating that individuals over 50 can thrive in all aspects of life, including physical, social, spiritual, emotional, intellectual, vocational, and environmental, regardless of age.

The campaign seeks to provide older adults with opportunities to engage in wellness activities and exercise in a safe, supportive environment, promoting the benefits of healthy, active lifestyles throughout the lifespan.

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer!

Many people have negative ideas and attitudes about aging. Positive images of aging can help get rid of myths and stereotypes. For example, some people believe that getting older means being inactive, unhealthy, and dependent – but this is rarely the case. In fact, older adults are living longer, healthier, more independent lives than ever before!

Older people make important contributions to society, as friends and companions, neighbours, advisors, family members, caregivers, volunteers, employers and employees, business owners, artists, musicians, and community leaders. Celebrating older adults is an important way to promote positive images of aging!

We are encouraging every community in Manitoba to take part and celebrate healthy, active aging!

## How to Celebrate

### Host an event

Consider hosting an Active Aging Week event in your community. This is one of the best ways you can help spread the word throughout your area! Make it fun and accessible!

### Share a personal story

If you have benefited from becoming active and adopting a healthier lifestyle, consider sharing your story with friends, family co-workers etc. Others are sure to benefit from learning about your wellness journey - you never know who you could inspire to make some positive changes!

### Talk about Active Aging Week on social media

Social media is an excellent way to bring awareness to important initiatives. By discussing Active Aging Week on social media, you might just encourage someone to get out and start pursuing a healthier lifestyle.

## Why Active Aging Week is so Important

### Active Aging Week encourages older adults to get moving

Staying active and taking care of our minds and bodies is the secret to living, moving, and feeling better with age.

For some older adults who reside in assisted living communities, or have mobility issues, just getting out and about can present quite a challenge. Active Aging Week highlights all of the different ways that someone can participate in simple exercise. There truly is something for everyone.

### Active Aging Week challenges stereotypes

The focus of this week challenges society's expectations of aging by showing that older adults can live full, rewarding lives regardless of age or health. In fact, many adults have rekindled a former hobby or passion or in most cases, started a new one. They are more active. More social. More engaged. According to the ICAA, "Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental."

### Active Aging Week creates a sense of community

We're much more likely to accomplish our goals if we have other people helping to keep us accountable. Active Aging Week helps bring communities of adults together to work towards a common wellness goal.

## The Benefits of Active Aging

An active social life allows older adults to experience an array of benefits that help to enhance their overall well-being. Some of the main benefits include:

### Enhanced Mental Health

Socializing can help older adults feel loved and needed as their lives are affirmed by their activities and those with whom they interact. Being around other people, especially if you're doing something fun or rewarding, helps us keep a positive outlook on life.

### Sense of Belonging

Enjoying the company of others with similar personalities or interests helps us feel like we belong. The need to belong may be more intense for those who may have lost a spouse, family member or friend. Engaging with others can cultivate new friendships and lasting bonds.

### Better Self Esteem

The more people socialize or participate in activities with others, the more they benefit by feeling like they contribute to their community. Any positive interaction with friends, family or neighbours can help us feel confident in ourselves and our abilities.

### Physical Health

When we have good conversations or do things we love with others, our bodies release health-promoting chemicals that boost the immune system and make us feel physically well. Also, socializing promotes an active lifestyle and better nutritional intake.

### Increased Cognitive Functioning

Socializing is also key to keeping the brain sharp as we age. An active social life encourages us to continue learning, observing and responding to the world. Conversation and activity are great for exercising the mind and can potentially lower the risk of dementia.

### Purposeful Living

Having somewhere to go, something meaningful to do, or people to see helps us get excited for the day. When we build strong relationships with others, we gain a sense of fulfillment, and spending quality time with those we love reminds us that life is worthwhile.

"It's not how old you are. It's how you are old."





# CELEBRATE.

Friendly, inclusive competition!



## Manitoba 55+ Games

PRESENTED BY PLAYNOW

The 2024 in-person Games took place June 18th-20th, 2024 in Brandon. We kicked off the Brandon Games with a curling event on March 5th-7th, 2024 hosted by the Brandon Curling Club. Over the three days 85 curlers participated in either the 4 person team curling or the 2 person stick curling competition. Medal winners from this curling event will be competing in the 2024 Canada Senior Games, Aug 27th-30th in Quebec City.

The June in-person games featured over 20 different events all hosted in Brandon. In total we had over 1000 participants in the 2024 in-person Games. Those participants always bring along family and friends which really contributes to the fun and friendly atmosphere. Summer event Medal winners will be competing in the 2024 Canada Senior Games, Aug 27th-30th in Quebec City.

The Virtual Games were also held June 24th to July 22nd and participants all over the province participated in a variety of activities completed, promoting accessible, equal opportunity programming!

### Join us next year!

We are excited to announce that the 2025 MB 55+ Games will be held in Steinbach, MB! Stay tuned and visit our website: [www.activeagingmb.ca](http://www.activeagingmb.ca) or email: [info@activeagingmb.ca](mailto:info@activeagingmb.ca) for more details.

We hope to see you there!



## The 2026 Canada 55+ Games are coming to Winnipeg!

### Aug 25th-28th, 2026



### Want to get involved?

Do you have experience volunteering with major events or in any of the following areas: transportation, security, finance, accommodations, opening/closing ceremonies, or any of the Canada 55+ Games events?

Consider volunteering for this great event where we will welcome 2500+ participants from across Canada to Friendly Manitoba. More exciting details coming soon!

## Prevention is Key this Flu Season

### Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications.

Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can put increased stress on the immune system, making them much more susceptible. Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.

The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and up to 5-7 days after.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Get vaccinated to help protect yourself and prevent the spread of flu to others!

## Factors that can increase your risk

### DIABETES

If an adult has diabetes, the flu can:

- Heighten the risk for severe flu-related complications
- Impair blood glucose levels and increase risk of diabetic ketoacidosis (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by 3x and admittance to the ICU by 4x

### CARDIOVASCULAR DISEASE

Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots. In these cases, the flu can:

- Trigger serious cardiovascular complications within a few days following a flu infection
- Increase risk of heart attack 6-10x
- Increase risk of stroke 3-8x and admittance to ICU by 4x

### RESPIRATORY DISEASE

If an adult has a respiratory condition, the flu can:

- Trigger asthma attacks, worsen asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases
- Decrease lung function and increase susceptibility to infection
- Result in worsening asthma and COPD

