



Mature Adult Centres are health promoting, capacity building, and community focal points on aging where older persons come together for services and activities that enhance their dignity, support their independence and encourage their involvement in and with the community.



Manitoba Association of Senior Centres

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Calling all Boomers: Let the adventure begin!

Volunteering is not only a necessity of today's economy, it is a satisfying way to occupy retirement years.

For as long as we can remember, the ever-generous seniors have been the driving force behind so much goodwill in our communities. We've all heard of professional volunteers, those who dedicate an enormous amount of time and energy to their communities, and most of us have benefitted from their service (in one way or another, indirectly or directly). But society is changing...and with it, so are the ways in which people volunteer their time.

The Boomer generation – Canadians born between 1947 and 1966 – face a host of other time pressures that the generation before them didn't and this has had an impact on the volunteer sector. For example, the high-cost of childcare means that grandparents often fill the role of caregiver while the parents go to work. Families with interests overseas, or in another country, may be drawn to more travel outside of Canada and let's face it, after a long life of working hard, some retirees may just be looking forward to their new leisure time.

To accommodate this new generation of volunteers, non-profits and charities are rethinking how they structure volunteer jobs within their organization and have begun taking these pressures into consideration when recruiting new volunteers. With 80% of Canada's

non-profits and charities relying almost completely on volunteer hours to stay open, it's become important to develop volunteer programs that cater to the needs of the boomer generation.

Some good news: this next generation of volunteers will include more people than ever before who have enjoyed long, successful and challenging careers. As the demands that work and family have placed on them change, seniors have the potential to become a social resource by actively participating in the growth and development of their communities.

One of the trends emerging in the volunteer sector is to capitalize on the wealth of knowledge available to organizations by offering shorter-term, more substantial roles to volunteers (similar to consulting work). It sounds like a radical departure, but these new roles are best suited to the skills and experiences of the Boomer generation. This is especially important to stress to someone who is nervously stepping away from the workforce for the first time. Leaving work can also mean the loss of a social network for many and volunteering is a great way to address that. Volunteering can provide a way to keep the mind active and lives full of purpose.

What do seniors have to give? They bring to the table a wealth of life and career experience, both of which are extremely valuable to organizations. Seniors can make a big impact within a charity or non-profit by sharing their wisdom and perspective. As a result, many Canadians have discovered the fulfillment and satisfaction of volunteering after 50 years of age.

Volunteer Manitoba is proud to promote and encourage volunteerism to all Manitobans. We provide information, training and resources for volunteers, non-profit organizations and charities. Our vital contributions to the community include connecting people with volunteer opportunities, promoting volunteerism, and providing leadership and counsel in the voluntary sector. We are committed to supporting individuals and groups as they develop and enhance their capacity to meet community needs in the province.

For more information about Volunteer Manitoba, and to access the database of online volunteer opportunities, please visit www.volunteermanitoba.ca OR visit Manitoba Association of Senior Centres website at www.manitobaseniorentres.com for centres that promote social engagement/volunteerism.



Mature Adult centres are open to all individuals 55 years and older, or retired. The centres provide programs that offer core health services, are governed by a community-based board of directors, respond to diverse needs of older persons, hire professionals, provide education, develop innovative programming approaches, and are a community resource for information on aging.



What We've Heard from Our Centres

Intergenerational Event Erickson, MB Comfort Drop Inn Spot

First, I would like to thank MASC for the opportunity to hold a Tech Tea event. The two hundred dollars went to fund a great field trip to Churchill for the Erickson Collegiate Institute students. They volunteered their time at the senior center to help teach some of us old folks how to participate in the cyber world. Technology can be daunting to someone that hasn't been exposed to it on a regular basis.

We held two events. January 20th and on February 12th.

January 20th: 3 students volunteered, 8 seniors came to participate

February 12th: 4 students, 7 senior came to participate

Conclusion:

The board will evaluate the success of the event and make recommendations for any future events. Everyone that participated seemed pleased with what they learned or what they were taught. We also had seniors that have not participated in any other events we have run, this is very encouraging. It tells us that word gets out beyond those that come to our events.

Vital Seniors: Winnipeg, MB

We are losing some members because of health, but we've also got new members.

In September we started a monthly Men's breakfast, every second Wednesday from 9-11 am. They prepare, eat, and clean up themselves.

Our Carpet Bowling has increased from 8 folks coming out to 12 weekly. There are 16 members, up from 10 a few years ago. We hope to send at least two teams to Selkirk for the 55+ games.

In January, 8 of us went out to a restaurant, Sizzling Dhaba's on St. Anne's Road. We are going to start it as a monthly lunch activity. February's destination is Sukhothai's on Osbourne Street. Third or last Friday of the month. Only requirement is folks will have to be VS members.

We have spent all the NH grant monies. The chairs purchased, tables purchased and chairs repaired will not be delivered or back till the end of the month. We started using the stoves in May and the sound system.

March is "Pharmacist Awareness Month"

Pharmacists are experts in medication safety

The healthcare system is complex. Using medications safely can be difficult.

- 20-30% of admissions to hospital of people 65 and older are medication related
- When people are admitted or discharged from hospital, 40% - 50% of them experience medication errors that may cause harm²
- Harm from medication incidents can result in:
 - longer hospital stays
 - re-admission to the hospital
 - more time for providers to sort through problems
 - lower benefits of the treatment plan.

A full understanding of all aspects of medications, including

safety issues, is so important to helping patients manage their health.

Patients are the best source of information on the medications they are taking. Patients and families are very important partners who can give correct information about the medications that patients take and how they are taking them.

Everyone wins when patients, families and healthcare providers work in partnership to improve medication safety!

