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Centre on Aging

The Centre on Aging, established on July 1, 1982, is a university-wide research centre with a mandate to conduct, encourage, integrate, and disseminate research on all aspects of aging.

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Professor, Faculty of Kinesiology and Recreation Management

The Centre on Aging News is published once a year, and is available on our web site and by request. Direct comments and inquiries to

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Take a spring (symposium) tour online! Join us on May 4

The Centre on Aging is moving forward with our Annual Spring Research Symposium—online. While this year's Symposium will look a little different, we feel it is important to share the work of our researchers and highlight aging specific issues. Particularly at a time when the treatment of older people around the world has never been profiled more frequently.

Participating in this year's Research Symposium could not be any simpler. There is **no fee** to participate virtually. **No registration is required** and you will be able to view the sessions from the comfort of your own home by clicking on a link that will be streamed starting at 9:00 am on Monday, May 4. For those unavailable on Monday, we will re-stream the Symposium and poster session concurrently on Thursday, May 7 from 1–5 pm.



How to participate in the Symposium

If you're not already on our mailing list, email us at coaman@umanitoba.ca to get on our mailing list and be notified about the Symposium details. You will be provided with the streaming link by email closer to the Symposium date. The information will also be posted on our

- Web site: umanitoba.ca/aging
- Facebook: www.facebook.com/CentreOnAging.umanitoba
- Twitter: [@UM_coaging](https://twitter.com/UM_coaging)

Scheduled presenters

The Spring Research Symposium will consist of pre-recorded sessions streamed online May 4 and then again on May 7. The Symposium schedule is available online, with the first part starting at 9 am (and will run for approximately 3 hours). Presentations will be about 30–40 minutes each. You can [read a full description of the presentation abstracts](#) from our Web site. The second part, the student poster session, will run from 1–5 pm.

The Symposium's presentation schedule will be as follows:

Epigenetic aging and health

Meaghan J. Jones, PhD, Assistant Professor, Dept. of Biochemistry and Medical Genetics, Max Rady College of Medicine, Rady Faculty of Health Sciences, University of Manitoba

Does technology see caregivers?

Celine Latulipe, PhD, Associate Professor, Department of Computer Science, Faculty of Science, University of Manitoba

What does human rights have to say about older age?

Albert Evrard PhD, University of Namur, Belgium; Visiting Scholar, Robson Hall, Faculty of Law, University of Manitoba; Research Fellow, Jesuit Centre for Catholic Studies

Intergeneration learning and post-secondary education: Possibilities and promise

*Stephanie Chesser, PhD, Centre on Aging, University of Manitoba; Melissa Krook, Centre on Aging, University of Manitoba

*Session presenter

If you have a question for the presenter, email your questions to coasymp@umanitoba.ca. To assist Centre staff with redirecting your questions to the appropriate Symposium presenter, please include either the presenter's name or topic in the **subject line**.

Support the students

A regular feature of our Symposium is the student research poster session. The poster session is a great opportunity for virtual attendees to learn about the research students are conducting. at the University of Manitoba. While the sessions cannot be held in person, 13 students have submitted electronic posters on aging related topics and many have provided a short audio narration of their research project.

We hope you will help support our students by viewing the poster session, which will be accessible via a separate link on May 4 at 1:00 pm (and again on May 7 from 1–5 pm). You will be able to view posters individually by clicking on a link to read or hear about their research.

Get moving in between sessions

While the Symposium is being adapted to a half day format, three short health breaks will be part of the sessions. The University's Recreation Services staff have produced three short videos for stretching breaks that you can take part in at home. To take part in the health break, all **you will need is a chair (without wheels)** to take part in the yoga exercises.

Share your thoughts

Following the end of the Symposium, we are asking our virtual participants to complete the online evaluation form about the sessions: www.surveymonkey.com/r/QB95YS3.

Symposium presenters May 4



Meaghan Jones, PhD



Albert Evrard, PhD



Celine Latulipe, PhD



Stephanie Chesser, PhD

Photo credit: St. Paul's College, Jesuit Centre

COVID-19 resources

Since the declaration by the World Health Organization of the COVID-19 pandemic, information has been overflowing on resources and services available, particularly for older people.

The Centre on Aging was one of the first organizations to compile and share community resources and practical information for older persons in the community as it relates to COVID-19. We are regularly updating information on our Web site, as well as sharing information through our biweekly updates and social media pages (Facebook and twitter). We've organized the information into five sections:

- Resources home (Groceries open and delivering)
- Health resources (listing of reputable sources of COVID-19 health information, mental health resources)
- Community resources (community supports for older people)
- Social resources (listing of various online physical activity Web sites, virtual tour offerings, at home concerts)
- Volunteer opportunities (organizations that support older people that need volunteers)

For full listings, visit our [Community](#) pages.

Can't make the Symposium on Monday? Watch on Thursday

For those unable to participate in the Symposium on Monday, we will re-stream both the Symposium and poster session on Thursday, May 7 from 1–5 pm.

The same links can be used to view the re-streamed sessions. After the sessions are completed on May 7, the Symposium will not be archived for any additional viewings.

Message on ageism from the Director

By Michelle Porter, PhD, Centre on Aging

As is usual for this time of year, we are looking forward to spring, and of course we are busy preparing for our Annual Spring Research Symposium. The Symposium provides a yearly chance to hear about research on aging, but perhaps equally important, it also gives us an opportunity to come together, discuss the issues, and meet new people. This year, however, there are so many differences. Not only have we been forced to completely change the format of the Symposium, but we are making our preparations under the cloud of distressing news worldwide about how the virus is impacting everyone—and older people in particular—directly and indirectly.

To make matters worse, most of the public messaging about the situation is laden with ageist undertones or even outright hostile ageist solutions. To begin with, when the virus first started spreading, the message seemed to indicate that because the virus only affects older people, we do not need to worry about it. Then later, statements were made about sacrificing older people for the good of the economy, once it was apparent that a prolonged lock-down would be required. Even policy-making in many countries has required the intervention of geriatricians and gerontologists, to ensure that ageist notions of paternalism or neglect are not being infused in care pathways or stay-at-home orders.

In light of the above situation, the Centre will continue its work to counteract ageism with even greater fervour. To learn more about our past work in this area, please refer to the following:

- From Spring 2018 to Fall 2019, the Centre on Aging hosted 10 communications workshops across the Province, which were supported by funding from the New Horizons for Seniors Program. Using the [Gaining Momentum—A FrameWorks Communications Toolkit](#) by the FrameWorks Institute, the Centre developed an interactive workshop. If you are interested in learning more about the toolkit, see the [Communication Workshops to Re-frame Aging: Summary report](#) which is available on the Centre's Web site.

- In 2019, the Centre also organized a workshop on the issue of ageism. The subsequent report entitled [Ageism in Manitoba Workshop Summary](#) outlines workshop participants' examples of ageism, as well as possible actions and research projects for the future.

Recently, resources have been made available by other organizations to specifically deal with the issue of ageism during the pandemic, both from an educational perspective, as well as how to communicate effectively to reframe the pandemic narrative.

- The Gerontological Society of America (GSA) is making their *Ageism First Aid* online course, freely accessible through July 1, 2020, in order to assist classrooms as they move to remote learning and instruction. The course is designed to help “support factual conversations about aging and spark widespread use of positive aging-related language among people in the health and helping professions”. Visit [GSA's Web site](#) for full details of the course.
- Also, you can sign up for FrameWorks Institute's Framing COVID-19 special email series. They are putting together information on how to communicate more effectively during the pandemic. Access [FrameWorks Web site](#) to view information.

The events of the last few months have made it clear that there is a lot of work ahead of all of us to free the world of ageism, and make it a truly age-friendly place.

We hope that you can join us for our virtual Symposium on May 4 or May 7, and we look forward to seeing you in-person next year!

Student speak: Why aging issues are important

Since 2014, the Centre on Aging has hosted the Students Targeting Aging Research (STAR) group at the University of Manitoba. The STAR group offers undergraduate and graduate students an opportunity to connect, learn, and support one another as they share their interest in aging related research and issues. As aging is an interdisciplinary field, it requires collaboration and cooperation across many fields. As the University of Manitoba does not have a formal gerontology degree program, STAR facilitates peer interdisciplinary interaction as students train in their disciplines.

In addition to their participation in STAR, students who complete 10 approved hours of attending meetings and volunteering can receive official credit through the University's co-curricular record (CCR). The CCR is a great way for students to demonstrate their involvement in extra-curricular activities beyond their academic work.

The Gerontological Society of America (GSA) recently hosted their annual [Careers in Aging Week](#) (April 19–25, 2020), which seeks to raise awareness about the diverse careers available in the field of aging. We took this opportunity to reach out to several members of our student group to find out why they are interested in an aging related career.

UM STAR students share their experiences

STAR is led by its two co-leads: Megan Campbell and Courtney Addison, both Master's students. We asked our co-leads to share why they are interested in STAR and about their experiences as student members.

Megan Campbell (co-lead, Bannatyne campus)

Megan Campbell received her undergraduate degree in Sociology from the University of Manitoba and is currently a Master's student in the Department of Community Health Sciences, where her thesis is focusing on determining the kinds of criteria that should be used during the Personal Care Home paneling process in Winnipeg.

Q How did you hear about the STAR group and what prompted you to join the group?

A I learned about the STAR group while working at the Centre on Aging as a Student Research Assistant.

Q How long have you been a member?

A I've been an active STAR member since 2016; and I have been the co-lead of the STAR group since 2018.

Q What have you enjoyed about the STAR group?

A I really enjoy getting to meet other students in other faculties and departments who are studying aging topics. I like that there's a good mix of undergrad and grad students, who are part of the group—it feels very inclusive. The invited presenters that have come in to speak to the group have also been great, and I've learned a lot from hearing their presentations.

Megan Campbell continued on page 6...



Q Given the current climate, how do you view the importance of research in aging and the role of professionals (clinicians, practitioners, senior organizational staff) in the fields of gerontology and geriatrics?

A Now more than ever, aging research is extremely important. Our population is aging, which means we will need to adapt to a greater number of older adults, and everything that goes along with that. Now with COVID-19 more severely affecting older adults, more research is needed to focus on protecting this population. It's going to take a group effort by everyone in gerontology and geriatrics (clinicians, practitioners, senior organizational staff, researchers, etc.).



Courtney Addison (co-lead, Fort Garry campus)

Courtney Addison is a first-year Master's student in the Faculty of Kinesiology and Recreation Management. Her research focuses on how movement performance can improve in dementia patients utilizing music therapy. Courtney decided to complete her Masters in this field because of her Papa.

"He inspired me based on the effect music had on him. The impact it made on his quality of life and overall mood was incredible and it got me thinking, 'What was going on inside his brain to create such a drastic change?' One moment he was aggressive, and the other moment he was calm as Frank Sinatra sings through the record player. He helped me realize my true calling. To help those with dementia improve their independence and quality of life through the power of music."

Courtney has a Bachelor's Degree in Kinesiology from the University of Manitoba and volunteers with the Minds in Motion program. Participation in a 2018 workshop, "Finding the person within dementia through music," at McMaster University helped her learn vital information to bring creativity and passion to her future thesis.

Q How did you hear about the STAR group and what prompted you to join the group?

A I heard about the STAR group through the Centre on Aging's website. I was applying for the Alzheimer's Society Graduate Student Fellowship and I came across some information regarding STAR. Once I read more about the group, I shared the information with my advisor, Dr. Cheryl Glazebrook and we thought it would be a great idea for me to get involved. This would not only improve my knowledge in the aging field, but provide me with a network with my fellow students interested in aging and meet professionals involved in aging.

Q How long have you been a member?

A I have been an active member of STAR for one year, and became the co-leader for the STAR this spring.

Q What have you enjoyed about the STAR group?

A I have enjoyed learning from different professionals in the aging field, from ethics related to older adults to nurses and care home providers at the forefront helping older adults. The knowledge I took away from each meeting helped me in different ways to further my own research and understanding. Additionally, learning about my fellow students' research with aging has helped transcend my knowledge in the field. Being a part of STAR has helped me become a better communicator, speaker, and researcher. It has provided me with the opportunity to become a part of something special to make a difference in the aging community.

Courtney Addison continued on page 7 ...

Q Given the current climate, how do you view the importance of research in aging and the role of professionals (clinicians, practitioners, senior organizational staff) in the fields of gerontology and geriatrics?

A I think the importance is vital given the current climate we are experiencing. The aging population is more at risk than ever and the roles clinicians, practitioners, and senior organizational staff (to name a few) play will determine how well we can preserve their quality of life and independence. The aging population continues to grow in numbers and research in the fields of gerontology and geriatrics will provide key information to only help older adults in the future.

For example, my own research with music therapy targeting dementia patients is vital for a particular chronic disease population. Although this knowledge could be translated into other chronic diseases, with further research as well as healthy older adults. Currently, older adults' morale in personal care homes are dwindling. Finding ways to preserve their mood and quality of life are essential. The possibilities are endless to continue diving into new and creative ways to preserve the happiness and well-being of older adults through art therapy or pet therapy, to name a few.

Student Connections: Aging across Canada

On a national level, [Student Connection – Connexion Étudiante](#) (SC-CÉ) is a national network for students interested in aging issues. The SC-CÉ (cagacg.ca/student-connection) is organized by student members of the [Canadian Association on Gerontology](#) (CAG).



Doctoral student, Lisette Dansereau is the University of Manitoba's student representative. Lisette is a student in the Rady Faculty of Health Sciences studying home care policy. Her background is in the Social Sciences, where she is interested in better understanding how broader society shapes the experiences of individuals as they navigate through life.

Q What interested you in pursuing aging research?

A As is the case for many, my interest in aging grows out of life experience. I was the primary caregiver for a family member living with dementia and it was lifechanging. I began working with older people in the community and in residential care, but wanted more education to make a greater impact. In university, I caught the research bug and continue to focus on aging and care.

Q How did you hear about SC-CE and what interested you in joining the national group?

A I have been a student member with the Canadian Association on Gerontology (CAG) for the past three years, and the annual meeting is a 'must attend event' on my calendar. When I learned that the Manitoba position for student representative was vacant, I did not hesitate to apply. My goal is to expand connections among students in our STAR group and researchers across the country.

Student Connections continued on page 8 ...

Q What is your role as the SC-CE rep at the University of Manitoba? How do you feel this experience can benefit STAR members?

A My role is two-fold; to encourage student engagement in aging research at the University of Manitoba, and to foster communication between students and the national association. My role benefits STAR members through promoting student learning and funding opportunities offered by CAG, and by enhancing the networking potential of STAR to a national level. I also act as hands-on support for STAR group student leads.

Q Given the current climate, how do you view the importance of research in aging and the role of professionals (clinicians, practitioners, senior organizational staff) in the fields of gerontology and geriatrics?

A In my opinion, COVID-19 has shone a light on multiple problems in the organization of Canada's long-term and continuing care systems. I have no doubt that research in aging will become an even higher priority, and will require researchers, administrators, and practitioners to work together to find solutions to some of these problems.

Upcoming meetings

The STAR group is looking to host a few online meetings this summer. The next student meeting will take place on May 12, 1:00–2:00 pm. The meeting will be a discussion led by STAR co-leads Megan, Courtney (with support from Lisette) discussing the article [“COVID-19 Now we all know what it's like to be old and alone”](#) published online for Forbes (March 18, 2020), as well as reviewing the article [“Ageing in a pandemic”](#) published on the International Federation on Ageing's (IFA) Web site.

We thank Megan, Courtney, and Lisette for talking with us. The STAR group meetings are open to any current UM student, and we are expanding this invitation to any post-secondary student interested in aging in Manitoba for the summer. Visit the [STAR group's webpage](#) for more information on STAR activities.

To participate in STAR meetings over the summer, current students attending a post-secondary institution in Manitoba can contact the co-leads or the Centre to be informed about upcoming meetings.

Careers in Aging information night

On February 6, the Centre hosted a Careers in Aging information night as part of the Social Aspects of Aging class, which is a mandatory course for the undergraduate Option in Aging (approx. 70 students). An invitation was also extended to Students Targeting Aging Research (STAR) group members. The Centre invited different senior serving organizations and businesses to attend the evening to meet and discuss with students various career options they may not have considered.



Ten organizations (including the Centre on Aging) were represented at the event. Participating organizations included

- Counsellor/Life coach and WRHA Regional Social Work
- Manitoba Fitness Council
- Seniors Moving co.
- Victoria Lifeline
- Seniors Resource Coordinator - Fort Garry
- Geriatric Medicine, University of Manitoba
- Right at Home
- Transportation Options Network for Seniors (TONS)

The evening went well for all those involved and we hope to host a similar event next year.

My experience at the time of COVID-19

Submitted by Meryl Orth

Editor's note: For this newsletter we wanted to focus on the positive and show the resiliency of older people in the community. We invited Meryl Orth to share her own experiences dealing with COVID-19.

When COVID-19 first hit the news globally, as a Canadian Snowbird, I was wintering in Weslaco, Texas. My daughter, who was at home in Canada, kept me updated on international, World Health Organizations (WHO), and Canadian perspectives. We discussed strategies on how my husband and I could travel home safely. We incorporated a number of safe practices that other countries were purporting. At the beginning of March, I truly appreciated the Federal Government's Snowbird return strategy, which was rapidly changing day by day as the virus spread across Canada. Once home, in Brandon, Manitoba, I was happy to connect with Canadian friends who were still wintering in Texas, and shared the news from home, so they could make their own decisions and arrangements.

The City and businesses in Brandon really came together by using multimedia platforms to inform all residents what was happening locally. Daily tips are given on how to stay healthy, municipal services available, and accessible community supports such as free delivery services by all essential businesses, virtual appointments available, and the many community organizations rolling out supports, activities, and plans for all.

Staying at home and the changes in my everyday life, gave me an opportunity to explore the Centre on Aging's Website and the helpful resource pages and webinars. In addition, I was able to join an online Cancer Support group for Canadian Cancer Survivors; connected with family and friends globally; through my local Retired Teachers' Chapter, organized a fundraiser for Manitoba 150/COVID-19 and raising money for three local Charities—the Humane Society, Women's Shelter, and Samaritan House Ministries. I also rekindled my daily practices of mediation, Qi Gong; went for short walks outside; took time for reflection, spirituality, and the importance of maintaining an enthusiastic attitude.



To keep myself mentally stimulated, I have been reading about the 1917–1919 Spanish Flu Pandemic. I am now beginning to truly understand the similarities we are facing and what we need to be cognizant about when fighting a pandemic. I also take the advice from my Cancer Support Group Oncologist Dr. Rutledge, who recommended only watching the 6 o'clock news to see the daily updates to maintain good mental health.

In closing, what I have learned, was that the human spirit of kindness was most evident here in Brandon. I had many offers of assistance from my former students, neighbors, two churches, and friends. I wanted to thank all the Front line workers in Brandon for all they have done to keep us safe and healthy.

In reflection at this time, I would say the most positive impact of this shutdown is the fact that we are able to take time for ourselves, our families, friends, neighbors, and others who impact our lives. This has given us a chance to slow down, take a deep breath to see where we are; and where we want to go as human beings with a responsibility to each other, the environment, and how we want to live going forward.

From my perspective: Living during an extraordinary time

Submitted by Bob Thompson, Centre on Aging Advisory Board Chair

Editor's note: As part of this newsletter issue, we reached out to our Advisory Board Chair to share his perspectives as an older person managing during the pandemic.

Usually at this time in April I would have registered for the Symposium and eagerly been awaiting for the time to arrive. But not this year. There is no registration because of the pandemic, but the Symposium will still go on but with a new format. I will have to learn a couple of new tricks to take part in the new experience and I encourage everyone to take part in the virtual Symposium.



Bob Thompson actively participating at the 36th Annual Spring Research Symposium

Join our mailing list!

Every two weeks the Centre publishes an electronic newsletter delivered directly to your inbox.

Our biweekly updates provides information on the Centre's upcoming events. Additional information includes upcoming conferences, funding and job opportunities, aging related resources, and more. To sign up for our list, email coaman@umanitoba.ca to be added.

Many of us have been house bound for several weeks and have to reinvent ourselves. Some routine questions take on greater meaning such as

- “What is the appropriate time to change out of your pajamas and into what?”
- “If it is late afternoon already, do I stay in the pajamas? Just thinking about jammies makes me tired. I’m already in my pajamas, so I think I might just take a nap.”
- “Do sweats and a cardigan ever go out of style?”

As an older person in this situation, I have rediscovered some lost activities, have you? Those books collected from garage sales are just waiting to be read, but re-reading favorites also works; walking around the neighbourhood leisurely while observing; phoning or emailing those friends you usually just don't get around to contacting. Next time you're grocery shopping, look at the magazines and buy one that might make you think.

If you get a little down at times as I do—try to think of happy thoughts. When this is all over, I can see the grand kids again, or even that despite the thinking, you will not run out of toilet paper. With this virus circulating, many other aspects of my life have changed. Is it all for the bad? For the answer to that, only time will tell.



Socially connected...at a distance

Submitted by Nancy Newall, PhD, Department of Psychology, Brandon University

“Social connection is to humans what water is to fish: you don't notice it until it's missing and then you realize it's really important”

—J. Cacioppo interviewed by *The Globe and Mail*, 2010

We are all fish out of water right now.

As a researcher who studies the effects of social isolation and loneliness on health and well-being, I was shocked the first time I heard about the ‘social distancing’ efforts needed to manage the COVID-19 outbreak. In most emergencies (floods; blizzards), we as individuals come together. In this emergency we were being asked to stay apart and socially isolate ourselves. This idea was disturbing to me, as I am sure it was for many of you as well.

In a recent study, my colleague Verena Menec and I found that 8% of Canadians aged 65+ are socially isolated, having little in-person contact with others and little social activity (Newall & Menec, 2019). By any measure or scale, most of us are now socially isolated. Many of us are lonely. That social isolation and loneliness have negative consequences to our health and well-being is well documented in the research literature.

However, over the past weeks we've also seen countless accounts of people connecting in new innovative ways...at a distance. Different technologies and communication platforms have helped us to do this. In some cities and streets, the nightly ritual of shouting thanks to health care workers (and banging pots, and playing tubas, etc.) also connects us over sound waves. These boosts of positivity, even in the midst of feeling socially isolated, are important: my research, for example, suggests that experiencing positive emotions lowers the detrimental effects of being lonely (Newall et al., 2013).

Of course, being socially connected at a distance is arguably easier done when already socially connected during ‘normal’ times. Those of us struggling with isolation or mental health difficulties pre- COVID-19 outbreak will undoubtedly be further struggling now. The potential lasting effects of forced social distancing will need to be better understood by future research as well: What helped people cope?

One of the first organizations I thought about when the social distancing efforts began was [A&O: Support Services for Older Adults](#). Through their Manitoba-wide [Senior Centre Without Walls program](#) that delivers social and educational programming over the telephone, this service was already set up to reach Manitobans aged 55+ from their own homes. If you don't already know about this important Manitoban resource, I urge you to check it out. Further, A & O stepped up to the challenge and added a [Daily Hello program](#) that would connect with adults living anywhere in Manitoba on a daily basis. This is just one example of how organizations in Manitoba and elsewhere became creative and pro-active in their efforts to connect.

More resources can be found on the Centre on Aging's running list of COVID-19 resources for older adults on their Web site: umanitoba.ca/centres/aging/coa_community-resources. I encourage you to send any information you have about social resources in your community to the Centre on Aging.

As the initial ‘shock’ of forced social distancing wears off, we might be left wondering what the ‘new normal’ will be like. I say let's continue to be shocked (like that poor fish out of water) at social distancing, so that we never become used to it and also awed by our new understanding of social connection.

At a time of physical distancing: Let no one be alone

Submitted by Brenda Tonn, Resource Coordinator, Plumas Senior Support Services



Observed the first full week in May (3–9), *Let No One Be Alone* week is about connecting with people, especially those that are alone or lonely. Now more than ever it is important to stay connected and find creative ways to do so. Our current state of affairs has brought isolation to the forefront, with many of us feeling the impact of being isolated and lonely. Not only during the week of awareness, this week is meant to serve as reminder to all, the importance of real connections and setting goals to stay connected.

The *Let No One Be Alone* grass roots initiative started in 2012, as a result of a sleepless night. In my role as a resource coordinator, I felt well positioned and supported with fellow coordinators to start this campaign of caring. Through firsthand experience and compelling research, I have learned that social isolation is a leading cause of death. Our “social connectedness” is a determinate of our health.

Both myself and the [Manitoba Association of Senior Centres](#) are currently working on a project to create a tool kit to help alleviate social isolation. If you have an idea, we welcome your ideas, and if you would like to share resources and stories, email them to notalone@mymts.net.



I like to think of this as a charity of time. Spending time with loved ones and letting them know you are there for them is possibly the best gift of all. Real connections enhance our mental and physical health. We all have the power to make a difference. Reach out to someone with genuine care and concern and see what great things can happen.



Get social with us!



During the Symposium, we encourage you to stay in touch with us via our social media accounts.

Use the hashtags **#srs37** **#CentreonAgingUM** to allow us to find your social messages.

You can tweet us directly by using our twitter handle **@UM_coaging** in your tweets.