



Ethnocultural Council of Manitoba-Stronger Together Inc.
Address: MZ60-81 Garry Street,
Winnipeg, MB. R3C 4H4
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Senior Resources and Activities - **English**

Seniors are the most vulnerable during COVID 19 as their weakened immune systems put them at high risk. Social isolation and loneliness are other challenging factor.

[Coronavirus — COVID-19](#)

What is COVID-19?

How does coronavirus spread?

Who does coronavirus infect?

How can you prevent infection?

Why is the connection with family and community important during the pandemic?

Because belonging is a fundamental human need and a sense of belonging. Interdependence is essential to us, and connection positively affects the physical and emotional resilience that people will need to fight the COVID-19 virus.

How Community Resources Could Organize and Help Seniors through Isolation?

Organize volunteer telephone support services to help connect with older adults.
Schedules regular phone calls between older adults and trained part-time volunteers.
Organize volunteer groups to deliver food and medicines, and drive seniors to their appointments

The Role of Technology in Breaking the Barriers of Isolation by Entertaining and Educating

Connecting to family and friends through audio or video calls
Using the online resources to stay busy and connected to the world through listening to audiobooks and podcasts.
Staying active by doing exercises following online video exercises

Podcast

Podcasts aren't only good entertainment but also a great way to educate. The time you'd typically spend doing those mindless chores or exercising can be used to help you learn something new. There are many shows out there that teach you about specific fields or a subject.

[Africa Past & Present](#)

A podcast about history, culture, and politics in Africa and the diaspora. The show highlights interesting and significant people, ideas, and discussions in African Studies.



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[Dressed: The History of Fashion](#)

With over 7 billion people globally, we all have one thing in common. Every day we all get dressed. Join Dressed as they explore the social and cultural histories behind the who, what, when of why we wear.

[Ottoman History Podcast](#)

Interviews with historians about the history of the Ottoman Empire and beyond

[This American Life](#)

A weekly public radio program and podcast. Each week we choose a theme and put together different kinds of stories on that theme.

[A History of the World in 100 Objects](#)

Director of the British Museum, Neil MacGregor, narrates 100 programmes that retell humanity's history through the objects we have made

[ArtCurious Podcast](#)

Think art history is boring? Think again. It's weird, funny, mysterious, enthralling, and liberating. Join us as we cover the strangest stories in art. Is the Mona Lisa fake? Did Van Gogh actually kill himself? And why were the Impressionists so great?

[Akimbo: A Podcast from Seth Godin](#)

Akimbo is an ancient word, from the bend in the river or the bend in an archer's bow. Akimbo's a podcast about our culture and about how we can change it. About seeing what's happening and choosing to do something. The culture is real, but it can be changed. You can bend it.

Audiobooks

Reading is one of life's greatest pleasures, but age-related challenges often prevent older adults from enjoying this hobby. One powerful yet straightforward solution is Audiobooks. Audiobooks have many benefits for everyone, especially the seniors, and can simply improve their quality of life.

It is a solution for failing eyesight.

Rather than strain your eyes and experience fatigue, Audiobooks could help if reading has been your favourite hobby.

An Antidote to Loneliness

Many seniors spend time alone, resulting in feelings of isolation.



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and loneliness. When you listen to an audiobook, the simple sound of human voices helps you feel less alone.

An Affordable Entertainment Source

Audiobooks can be found on free Websites like LibriVox. Many sites and public libraries offer free audiobooks in their list of available titles in different formats.

A Multitasking and Time Management

Being able to work our brains and read books while doing tasks like driving, cleaning, doing the laundry, or exercising is a win-win

It allows fewer satisfying chores to become more enjoyable, reducing stress and pleasantly helping the time pass.

Help Reduce Negative Thinking

Audiobooks have the power to boost our moods and disrupt negative thinking patterns. Listening to someone else read aloud can help by replacing negative thoughts with something else.

Directly Impacts Sleep

The blue light from screens is a disrupts to our circadian rhythm, which makes nodding off at night difficult. Listening to an audiobook allows your eyes and mind to relax while ushering in a good night of sleep.

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Exercise & Foods

The pandemic has prevented people from working, socializing, and performing everyday activities throughout the world. It is essential to stay active and maintain gains in strength, balance, and flexibility that reduce fall risk, strengthen the immune system, and improve quality of life.

If you're still nervous about going outside or the weather isn't significant, simply spend 10 minutes a day walking around your home. Even marching in place will work and put on some music or a TV show to keep yourself entertained.

Some activities that you can do alone:

- Walking
- Online Exercise Videos
- Exercise and strength training
- Dancing
- Stretch
- Gardening
- Arts and crafts

[Fat-Burning Latin Dance Workout](#)

Latin Dance Workout is a spicy, low-impact to boost metabolism, burn fat, and tone the entire body.

[Physical Activity | Standing Exercises for Older Adults](#)

Physical activity helps us maintain our functioning and promote comfort. In addition, routine exercise can help reduce arthritis pain, improve mood, sleep and blood sugar control, as well as affect memory.

[Easy Yoga for Elderly Senior Citizens | Seated Exercises](#)

A simple video that can do sitting on a chair at the comfort of your home



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Community Resources for Information

[A & O](#)

Age & Opportunity support services for older adults by providing specialized services such as English conversation and computer skills classes for older Manitobans across the province. The goal of these programs is to empower and support older adults in the community.

[Manitoba 211](#)

It is a free, confidential, 24/7 service that helps Manitobans looking to find the right community or social resource but doesn't know where to start.

You can call 211 or navigate the site to find programs and services in your community. For example, services about serves Support in grocery shopping, medication, and access to well-being resources and the Latest information on COVID-19

[Financial Relief navigator](#)

This online tool which is part of [Prosper Canada](#), is dedicated to Canadians learning about all of the money support they can get during the COVID-19 pandemic.

After assessing your financial problem, it shows a list of emergency benefits and relief supports that you may be eligible for.

The information and resources provided are based on what federal, provincial and territorial governments have shared publicly to support Canadians in these difficult times.

[Anxiety Disorder Association of Manitoba](#)

Offer self-help for all Manitobans affected by anxiety disorders

Provide Cognitive Behavioural Programs (CBP) and ongoing support groups for the prevention, education, early intervention and management of anxiety disorders in adults.

[MANSO](#)

The Manitoba Association of Newcomer Serving Organizations (MANSO) is a non-profit organization that acts as an umbrella organization for settlement service providers in Manitoba. Its 70 member agents offer support from health, counselling, emergency and housing services.

[COVID-19 Guide in Different Language](#)

The Government of Manitoba offers information for awareness about the Corona virus in more languages.

[Immigration Partnership Winnipeg](#)

Has information on COVID-19 specifically for Winnipeg. Mental health and financial resources for migrant families. The website has resources for community support.



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[Winnipeg Public Library Educational Resources | guides.wpl.winnipeg.ca](https://guides.wpl.winnipeg.ca)

The library has excellent resources to support parents with children's education. It also has excellent resources for students' research projects, which can be in the library catalogue or ask library staff.