



# Age Friendly Cold Lake

PRESENTATION TO  
CITY OF COLD LAKE COUNCIL

TUESDAY, OCTOBER 8, 2019



# Age Friendly Cold Lake

- ▶ is a grant from the Government of Alberta to raise awareness about positive, healthy aging and with that broader view, develop a strategic plan for people as they get older in Cold Lake.
- ▶ is also a non-profit organization tasked with carrying out that strategic plan.

# Vision

Cold Lake is an age-friendly community.



# Our mission

Age Friendly Cold Lake raises awareness of aging and ageism, advocates for better services and partners with the community to create new programs for all people as they get older.

To ensure Cold Lake is Age Friendly, at the community level we will focus on:

The 8 characteristics of an age friendly community:

- ▶ Social participation
- ▶ Respect and social inclusion
- ▶ Civic participation and employment
- ▶ Communication and information
- ▶ Community support and health services
- ▶ Outdoor spaces and buildings
- ▶ Transportation
- ▶ Housing



So far, this is  
what we're  
working on

Raising awareness of ageism and positive aging.

Developing programs to reduce isolation.

- ▶ Feast to Friendship luncheons
- ▶ Friendly Visiting
- ▶ Stockings for Seniors
- ▶ Men's Shed

# What Is A Men's Shed?

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A safe and friendly place for men to gather with other men and do hands on projects that are meaningful to them. A place where men can find a listening ear, camaraderie, tell stories, socialize and, most importantly, be accepted for who they are.

- Began in Australia in the 1990's.
- First Shed in Canada was created in Winnipeg in 2011.





# Sheds are....

- A gathering place for men of purpose....and others.
  - A work space
  - Productive. Maybe
  - A place to change the world. Definitely
  - A helping hand. You bet.
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- Independent. There's no prescribed programming. Everyone decides.
  - A benefit to the community. We will give more than we get.
  - Inclusive. All are welcome.

(from mensheds.ca)

Sheds are  
not....

- A formal training program. But you may gain some knowledge and skills.
- A sports club. But you may play sports.
- A health program. But your health and well-being may improve.
- An information service. But you may ask questions.
- A service for men. But you might be of service to others or get advice and support from time to time.

(from menssheds.ca)



# Why is it important?

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## Women

- demonstrate emotions.
- are more prone to talk about what they are thinking and feeling.
- are often are more comfortable figuring out how they feel by talking through it.

## Men

- solve emotional problems on their own.
- are more physical and tend to work out their emotions by doing things.
- often bury their emotions in order to protect themselves.

# McMaster University Study (2018)

Men's Sheds were shown to:

- Increase social well-being.
- Increase personal and social accomplishment by enabling them to learn and share skills.
- Increase self-esteem.
- Provide a meaningful and useful role in the community.
- Help to counter social isolation.



# Interest in Cold Lake so far....

- No nay-sayers.
- Men from varied backgrounds have expressed interest.
- Carpenters, mechanics, electricians, IT guys, medical professionals and a collection of hobbyists (model trains and planes, gardeners, etc.)
- Informal interest from local business.
- Women are especially interested .... for their husbands!

# Development Process

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- Planning committee meetings
- Age Friendly displays have included Men's Shed information
- Looking for a home – several options
- Grant application – FCSS to New Horizons
- Building community support – formal and informal
- Community meeting – October 29<sup>th</sup>





Men's  
Shed  
Projected  
Budget –  
Year 1

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Facility cost (rent, utilities) – \$25,000

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Tools, supplies, activities – \$25,000

New Horizons, donations

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Project supplies – \$5,000

membership fees, donations, project sales

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Administration – \$5,000

Age Friendly Cold Lake (for all programming)

Men's  
Shed  
Projected  
Budget –  
Year 2

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Facility cost - \$25,000

major fund raising (i.e. fishing derby,  
golf tournament, corporate sponsors)

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Project supplies – \$5,000

membership fees, donations, project  
sales

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Administration – \$5,000

Age Friendly Cold Lake

# Request to Council

First year of facility rental to a  
maximum of \$25,000



# Sustainability: Income Potential

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- Provincial & Federal grants
- Annual membership fees
- Fundraisers (under the Age Friendly Cold Lake Society)
  - Implement Annual Fishing Tournament
  - Golf Tournament
  - BBQ's
- Sales (for example):
  - Furniture
  - Furniture restoration
  - Garden boxes
  - Small engine repairs
  - Wooden lawn ornaments
  - Portage Mentorship Program\*

Sometimes you want to go where everybody knows your name.....

