

# MAHCP Member Receives Award from Manitoba Council on Aging

It's not why she does the job, but for Lesa Nordick, it is still a nice feather in the cap. Lesa is a Regional Community Health Developer working with the NOR-MAN Regional Health Authority's Primary Health Care Seniors Team in The Pas, MB. The Community Health Developer has spent 15 years working with seniors and was recently recognized by the Government of Manitoba, and the Manitoba Council on Aging at an awards ceremony at the Manitoba Legislative Building on Thursday October 28th, 2010.

The Manitoba Council on Aging is an advisory body to the Minister of Healthy Living, Youth and Seniors. The Council ensures that a senior's perspective is reflected in government programs and policies that relate to seniors. The Council is responsible for; providing the Minister with information and advice about the aging process and its implications for all age groups in Manitoba, programs, services, policies and legislation that relate to the aging process and the needs and interests of older Manitobans, and promoting awareness and understanding of the aging process and its implications for all age groups in Manitoba.

Annually, the Manitoba Council on Aging presents awards to Manitobans for their dedicated service to seniors and to our great province. The Manitoba Council on Aging Recognition Awards are offered in two categories: awards for individuals, of any age who have made extraordinary contributions to seniors, and awards for seniors who have made extraordinary contributions to the community. Lesa was selected to receive an award this year in the category of an individual of any age who has made an extraordinary contribution to seniors.

In her efforts to serve seniors Lesa has been involved in the development of a caregiver network and has actively encouraged communities in the NRHA to become more Age Friendly. Lesa is not your standard sit behind the desk dogooder. Rather, given the vast expanse of the NOR-MAN Regional Health Authority Lesa takes to the road often. Based out of The Pas, she travels to other communities including Grand Rapids, Easterville and Snow Lake, while also spending one day a week in Flin Flon. In addition through her role with the NRHA Lesa has managed to procure grant funding for several programs and projects, including Social Outings For Seniors, helping those seniors who are at risk of being socially isolated, National Addictions Awareness Week funding to assist in educating seniors on how to reduce their risks associated with addictions, and Movements That



Nancy Allen, Minister of Education; Lesa Nordick; Jean-Yves Rochon, Manitoba Council on Aging

Matter exercise program – a seated exercise program that promotes active living for seniors at any age or ability. Lesa is also a member of the Age Friendly committee in The Pas and assists with the prevention and education in the community of elder abuse, including assisting in developing an elder abuse resource guide. Lesa has assisted with bringing in ERIK Kits (Emergency Response Information Kits), has developed presentations on various topics of interest to seniors and assisted with the development of the Supports To Seniors in Group Living program as well as Supportive Housing.

In October 2009 Lesa attended the National Home Care Conference with her manager and was a presenter at the conference providing information to other professionals that provide services to seniors. As a presenter at the national conference Lesa brought positive national recognition to the NRHA and Seniors Team in Primary Health Care, and helped to raise national awareness regarding improved community services for seniors.

Provincially Lesa has partnered and networked with The Manitoba Society for The Prevention of Abuse of Older Adults, Manitoba Society for Seniors, Age and Opportunity and the Seniors and Healthy Aging Secretariat.

“I have worked with many partners, local businesses and organizations to achieve all of this. I value all the people and organizations that have assisted me to bring so many wonderful programs and projects for seniors to our region.”

The award was presented to Lesa by the chairperson of the Manitoba Council on Aging, Jean-Yves Rochon, and stepping in for the Minister of Healthy Living, Youth and Seniors Jim Rondeau was Minister of Education Nancy Allan.