



1991-2016!!!

## President's Message

**This year mark's our 25th anniversary! The Third Age Centre will be celebrating 25 years in operation!**

Our annual meeting will be held June 8 and we wish to invite our members to join us at the York Street Train Station, where we held our AGM last year. We will be celebrating our anniversary with a special table of goodies and sparking apple juice for you. As well, we have invited the dietician from Sobeys to again give us a presentation on healthy meal choices for older adults.

We have just come through winter in NB. For some, the snow has been a welcome adventure with all the activities it affords. Others are happily bidding goodbye to winter, enjoying the return of the birds and awaiting the first appearance of spring in its many forms.

The events held since January, in spite of the icy roads and winter conditions, were well attended, and favourably received.

On March 19, in Miramichi City, the Province of NB held a Health and Aging Opportunities Summit "Aging In A New Era." I attended on behalf of the Third Age Centre. We will disclose the report when it is received.

I am now participating on the committee set up by the City of Fredericton to work on making Fredericton an "Age Friendly

Community." There are several cities that do meet the criteria and more are working on doing so. (Moncton and Halifax amongst those working towards this.) Age-Friendly Cities have services, policies, structures and environments that enhance the quality of life for people as they age.

We are working on an event for housing for older adults and have met with the Deputy Mayor seeking input from the city for this occasion. With the upcoming election for the city, it will be later in the year before we can organize this presentation.

### Research Information

When asked what's important as we age, older adults often place "health" and "being independent" at the top of the list. The health and well-being of residents is the top reason why qualified communities invest in lifestyle/wellness programs.

### Health Defined

*"A state of complete Physical, Mental and Social Well-Being, not merely the Absence of Disease or Infirmary"* - World Health Organization

Dr. Harry Lodge MD, FACP, author of "Younger Next Year" and clinician, says "Engaging the brain, challenging the body and embracing social connections can stave off cognitive decline and physical deterioration.

*(cont'd on p.5)*

# HEALTH@ HOME

CONNECTING FAMILIES WITH CARE



## Home Care Navigation Services

Are you or someone you love challenged with aging or illness and don't know where to start to secure support and services?

**We can help.**

[www.health-at-home.ca](http://www.health-at-home.ca)

## Why Choose Us?

### ARE YOU:

- Overwhelmed with health issues facing a loved one and need assistance navigating the system?
- Questioning the safety of your loved one in their current living situation?
- Needing assistance finding the best living option for yourself or a loved one?
- Looking for assistance to maintain your loved one's health, independence and dignity?
- Finding daily activities such as dressing, bathing, meal preparation or taking medications more challenging to do?
- Stressed by the aging process or the responsibilities of caregiving?
- Unable to continue caring for a family member by yourself?

**If you answered yes to even one of these questions, you and your family could benefit from the services of a Care Navigator and Health@Home would love to help you!**

HEALTH@  
HOME  
CONNECTING FAMILIES WITH CARE

506-478-2060

[karen@health-at-home.ca](mailto:karen@health-at-home.ca)

[www.health-at-home.ca](http://www.health-at-home.ca)

*We're Celebrating and You're Invited....*



*Third Age Centre's  
25th  
Annual General Meeting  
Wednesday June 8, 2016  
2:00-4:00pm  
The Station  
380 York Street, Fredericton*



*The business meeting will be followed by  
a demonstration by  
Margaret Langille, nutritionist from Sobeys*

*Hmmmm...*

*Tasty, wholesome food ideas easy to prepare in small quantities*

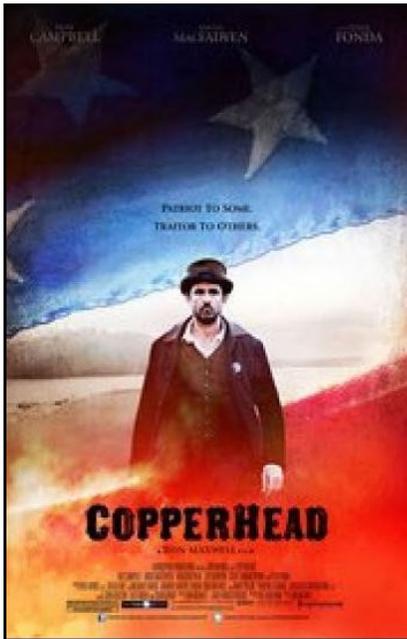
*Opportunities for audience sampling !!  
(Please RSVP to help with our planning)*

*Email: [3rdage@stu.ca](mailto:3rdage@stu.ca)*

*Phone: 452-0526*

*We look forward to seeing you!*

## Special Movie Presentation: **Copperhead**, May 26, 2016



Treat yourself to an afternoon out at the movies! We're hosting another of our popular matinées, a showing of *Copperhead*, the historical drama filmed at Kings Landing.

You will have the opportunity to meet local actors who took part in the filming. Bring along friends, enjoy treats and learn

what it was like behind the scenes!

Kings Landing shines in this American Civil War tale, standing in for upstate New York.

Film critic Rex Reed had this to say in the *New York Observer*: "[W]ell researched, intellectually admirable, and beautifully photographed . . . The natural settings . . . are so unfiltered through the lens of time that you could swear the Civil War was still taking place within firing distance . . . The cinematography has the museum quality of colonial oil paintings."

This is our spring fund-raiser and proceeds go toward seniors helping seniors. Watch for more details in May.

## Leaving a Legacy (There is Nothing Like a Good Story)

Have you ever thought about writing your story or writing about your parents or of a special event in your life? On April 22, Professor Viviane Edwards will introduce you to the work of WOLS, a "Writing Our Lives" group which meets once a month to write the story of their lives. This is your chance to get some tips as to how to start and how to stay motivated. Professor Edward's presentation will be interactive with

and answer your questions. If you would like to attend, please let us know by calling 452-0526 or emailing [3rd-age@stu.ca](mailto:3rd-age@stu.ca)

**Leaving a Legacy**

**Friday, April 22**

**2:00-4:00pm**

**STU Conference Centre,**

**368 Forest Hill Road, Fredericton**



## Randall and Kenyon: Books Available to Members

TAC members and Professors of Gerontology at St. Thomas University, Bill Randall and Gary Kenyon, co-authored a set of books offering insights into the significance of the personal story and the making of life stories.

The two books are: "Restorying Our Lives, Personal Growth Through Autobiographical Reflection" and

"Ordinary Wisdom, Biographical Aging and The Journey of Life."

They have made the set available to TAC members for a special price of \$40. If you would like copies, please contact the TAC office by calling 452-0526 or emailing [3rdage@stu.ca](mailto:3rdage@stu.ca).

## President's Message Cont'd

They are the keys to healthy and active aging. People are now looking for more vibrant, active retirement before they go into an independent-living or assisted-living community. They are asking about the activities that will be available to them. People were not asking those questions a decade ago.”

A group of "professional couch potatoes" researchers has proven that walking at one's own pace three times a week for 40 minutes increases general health and brain function. We'll see more active-aging communities with pools, walking trails and other wellness features that are age friendly. This should help decrease healthcare spending.

### Ageing news

- David Suzuki turned 80 this year.
- Gordon Pinsent - 86 this year.
- Astronaut John Glenn returned to space at age 77
- Architect Frank Lloyd Wright was still working at age 91
- Dr. William Worrall Mayo founded the Mayo Clinic at 70
- Four Years - That's how long life expectancy has

## Looking for Grandpa: A Beginner's Guide to Genealogy



Friday, January 15, our presenter was Carol Randall, of Fredericton. Carol shared with us her webpage, Looking for Grandpa. This is her *Beginner's Guide on How to Research Your Family Tree for Free and from Home*. (Google Carol Randall, and click on *Looking for Grandpa*).

Carol walked us through the various steps she had outlined and gave examples she had previously researched from the participants who had offered names of ancestors.

jumped for Canadians since 1990.

- Harvard researchers discover that the aging process seems to move faster in elected leaders than in the average person. This means that, in six months, Prime Minister Justin Trudeau's looks could fade into Prime Minister Wilfred Laurier's five-dollar scowl.

Just a reminder that the Third Age Centre operates on the principle of seniors helping seniors. Your suggestions and feedback are very important. Please contact us with your suggestions at any time.

Thank you and I look forward to seeing you at our next event.

Sincerely,

*Donna Evans, President*

### TAC's New Web Address

The Third Age Centre has a new web address and a new look. You can find us at:

<http://wp.stu.ca/thirdagecentre/>

### Resource on the Web

<https://www.youtube.com/watch?v=5Qv2nIB-6Qw>

This video is an encouraging resource for care partners (newer terminology for persons formerly designated caregivers). It is one of the Positive Approach™ videos produced by Teepa Snow, a registered occupational therapist for more than 30 years, who is also a leading educator on dementia.

### Pathways to Stillness

If you missed this presentation by Gary Kenyon in February, a summary is available from the TAC office by calling 452-0526 or emailing [3rdage@stu.ca](mailto:3rdage@stu.ca)

*Eleanor McCloskey, vice-president*

## New Brunswick Agencies, Boards and Commissions (ABCs)

Qualified women and men having the highest personal and professional integrity are invited to serve on New Brunswick agencies, boards and commissions (ABCs). One of the current **vacancies for appointment is for a board member to the [New Brunswick Public Libraries Board](#)**. The NBPLB is responsible for advising the Minister of Post-Secondary Education, Training and Labour on issues related to policy,

services, budget and standards for public library services. This is one of several current opportunities.

General information related to current opportunities, including the application form, can be found at: [http://www2.gnb.ca/content/gnb/en/corporate/abc/current\\_opportunities.html](http://www2.gnb.ca/content/gnb/en/corporate/abc/current_opportunities.html)

## Interested in Joining the Third Age Centre Board?

Are you passionate about improving the lives of our aging population? All kinds of skillsets are needed to make a good, well rounded, diverse board so this is our call to you or perhaps someone you know!

If you are interested, please contact a Board member or call the office at 452-0526 or [3rdage@stu.ca](mailto:3rdage@stu.ca)

## Participants Needed for UNB Research Project

Master's student Nicole Cormier is seeking volunteers to participate in a study she is conducting.

In this project, she will examine the beauty and self-worth experiences of the older Acadian women in regard to the anti-aging culture. The Acadian populations of Canada are under-studied, especially in terms of their physical and mental health, and socio-cultural context.

Acadian women (aged 60 years and over, and living in Canadian Maritime communities) will be interviewed about their beauty behaviors and self-worth in light of the rise and promotion of anti-aging products and media directed toward older Acadian women.

If you are would like to participate, please contact Nicole directly by phone at 506-440-0510 or email at one of these addresses: [ncormie2@unb.ca](mailto:ncormie2@unb.ca) or [hchhv@stu.ca](mailto:hchhv@stu.ca)

## Music Care Conference, June 3, 2016, Fredericton

Music is an important part of healthy aging and has become a recognized intervention in health care, improving quality of life and care at all stages of life.

This one day conference is for anyone who wants to learn more about the role music plays in care and well-being.

Participants include allied health care providers, family and volunteer caregivers, care receivers, musicians, faith-based and community agencies, students and the community-at-large.

Register at [www.musicconference.ca](http://www.musicconference.ca)  
For more information, call 506-444-3337

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