



Vice President Eleanor McCloskey promoting the Third Age Centre at a November Wellness Fair at Shannex Parkland.

President's Report

It was really rewarding to see so many members of 3rd Age attending our presentations this year. Our goal is to provide as much that is of interest to you as possible. Should you have ideas that we have, as yet, not done, please make us aware of the subject and we will do our best to make it happen.

This year 2017 - almost a quarter of everyone on the planet will be over the age of 50, a record number. Despite this number, social isolation is on the rise. It doesn't just make you feel unhappy – it can shorten your **life** span. Maintaining positive, warm and trusting friendships seem to be the key to

a slower decline in memory and cognitive functioning. Reach out and ask for help and support or join a group of interest; this seems to be the suggested method of coping with isolation.

Studies are showing that older adults who watched 5 hours of TV daily and reported 3 or fewer hours per week of physical activity had increased risk of being unable to walk.

We at 3rd Age look forward to seeing many of you over the winter months. Best wishes for a safe season!

Donna Evans

Introducing Our New Board Members!

We are happy to welcome four new Board members and are grateful for the varied experiences and skills that they bring to our Third Age educational endeavours.

Beverley Madigan

My name is Beverley Madigan and I am excited to be joining the Third Age Centre as a Board member. I love learning and helping others achieve their best. I have been able to share this passion for the past 35 years, working as a researcher and educator in a variety of roles including classroom teacher, department head of computer science, secondary school vice-principal and leadership development principal. My strengths are derived from the fields of education, mental health, health and safety, coaching/mentoring and well-being. I currently work as the Regional Coordinator (Capital Region) for **Go Ahead Seniors Inc.** and volunteer at Fredericton Hospice House.

On a personal note, I see myself as a daughter, sister, wife and lover of people and pets. I live in the northern part of Fredericton with my husband Kim, 2 dogs: Gracey and Mocha and cat Maya. In my spare time I enjoy hiking, running, and learning how to play the piano. I look forward to contributing to the Third Age Centre's mission - to empower older adults to maintain healthy, independent, active lifestyles.

Abigail Wright

My name is Abigail Wright: often others call me Abby. I am from Hartland, N.B., home of the Longest Covered Bridge in the world. I am a 3rd year Saint Thomas University student majoring in Gerontology, Psychology & Criminology. My main focus is Gerontology. Besides being a Board member of the Third Age Centre, I am involved in the Peer Mentor Program at Saint Thomas where I mentor a first year university student. I also am involved in the new Peer Support Centre being opened at Saint Thomas in January where students can go to talk to someone about them. I also am heavily involved as a summer student,

now a volunteer, at the Central Carleton Nursing Home located in Hartland. There I work in the activities department. We do all sorts of activities for the residents from bus drives, bowling, bingo or simply just having a one-on-one conversation with the other residents. I have formed such a close bond with each resident, I go back each week to see them.

This involvement in the nursing home and learning in my Gerontology classes essentially solidified my career choice which is to become a Geriatric Nurse working primarily in a nursing home setting. Post-degree at Saint Thomas, I am looking at attending University of New Brunswick for their Accelerated Nursing Program.

Nancy Wiggins

I am a retired registered nurse (BN) who has practised nursing for 50 plus years. My experience is in community nursing, community development and primary health care. I was Assistant Dean of Nursing at UNB for 10 years. I worked for 2 years for the Victorian Order of Nurses, and for 31 years as an educator at the UNB Faculty of Nursing. I took early retirement and spent the next 16 years as a volunteer Parish Nurse at St. Margaret's Anglican here in Fredericton. I was Educator Coordinator for the NB Parish Nursing Ministries while we prepared the first Parish Nurse class in N.B. in 2005-07. This ministry continues to grow as the Lord leads; it is an ecumenical pioneering effort.

I have served on many university committees, several Boards and currently on a Community Engagement committee for Horizon Health. I was a founder of the Capital District Heart Support Group. I have facilitated many groups, dealing with grief and loss, caregiving in dementia, living with cardiac disease, etc. I have always had a special respect for seniors and interest in seniors' health.

(cont'd on p.4)

Silver Series at UREC



Programs designed for older adults seeking to improve or maintain a healthy, vibrant and active lifestyle!

All programs are taught by certified fitness professionals in a supportive environment. UREC offers programs such as yoga, pilates and strength training.

UREC also offers specialty programs for individuals who:

- Are experiencing physical complications due to chronic neurological conditions.
- Have osteoporosis or osteoarthritis.
- Would like to participate in a post-cardiac rehab program.

For more information, contact us at 506.453.4579 or urec@unb.ca.

Find us in the Richard J. CURRIE CENTER at the bottom of UNB's campus!



urec.ca

Introducing New Board Members continued

Brenda Seeley

I retired from the workforce in 2012 after 35 years of service with the Provincial government. Shortly afterwards I saw an ad in the paper about TAC's AGM, attended the event and have been a faithful member since. I have attended most of the events put on by TAC. I have been a member of the New Brunswick Aboriginal Peoples Council which represents aboriginals living off reserve. I have been a past board member of this organization and I'm currently a board member of NB Equity, which is a subsidiary of the Council.

I recently completed a three-year term as a Parish Councillor of St Anthony's Parish. I sat on various committees, overcame my fear of public speaking and while being part of the Technical Committee, we revised and revamped the Church's website. I'm a regular blood donor. In October I gave my 113th donation. Since I've retired, I volunteer with the Salvation Army Kettle. As you can see when I join something, I'm in for the long haul. I hope to contribute with this board in any way that I can. I am dedicated, faithful and I do have a sense of humour. I look forward to working with this board.

Powers of Attorney and Advance Health Care Directives Jan. 17, 2018

Our January presentation is in response to requests for basic information on end of life planning. Most people understand why a Will is needed, but what about Powers of Attorney and Health Care Directives? The Third Age Centre invites you to attend a discussion with Jodi Lee-White, a TAC member and Fredericton area lawyer, on these documents. She will cover why everyone should have both a Power of Attorney for

Property and Financial Matters and one for Personal Care, and how a Power of Attorney for Personal Care overlaps with a Health Care Directive. What are the pros and cons of each document? She will be answering questions and sharing sample clauses to consider in your own planning. We hope you be able to join us at the STU Conference Centre for this discussion.

Suggestions Sought

Please let us know if there is topic you would like addressed or a presenter who has a message our members would appreciate. Please pass suggestions along to Board members or contact the office at 452-0526 or 3rdage@stu.ca.

**The Third Age Centre
St. Thomas University
“Changing the conversation on aging”**