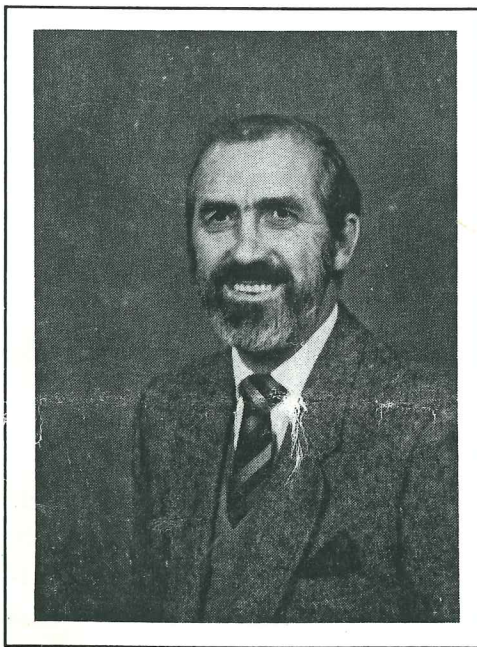

CHAIR IN GERONTOLOGY THIRD AGE CENTRE NEWSLETTER

St. Thomas University
Vol. 2 No. 2 June 1992

THIRD AGE CENTRE DIRECTOR WINS AWARD



Maurice Grondin, Director of St. Thomas University's Third Age Centre, recently won an award for best educational programming from Fundy Cable 10. The award was for a six week colloquium series that was broadcast beginning January 20. The series, which was co-sponsored by the Centre and the chair in gerontology, focused on issues ranging from crime prevention and patient rights to images of aging and spirituality. Taping was done at the Holy Cross Conference Room with seniors and student volunteers serving as camera operators.

Courtesy of S.T.U. Director of University
Relations and Alumni Affairs.

THIRD AGE CENTRE DIRECTOR HELPS RETIREES

Maurice Grondin, Director of the Third Age Centre encourages retirees to learn new skills and even aim for a new career. Mr. Grondin is speaking from experience. He was an aerospace engineer with the Canadian Department of National Defence. After retiring from the Military, he enrolled in the Bachelor of Arts program at S.T.U. and graduated in May, 1990. The day after graduation he took up his duties as Director of the Third Age Centre. Mr. Grondin said that, "Helping to make a senior's life healthier, more productive, more fulfilling, and more interesting is what the Third Age Centre is all about." According to Mr. Grondin, a survey revealed that the three major areas of interest were exercise programs, art classes, and religious study groups. He often encourages retirees to become involved in a volunteer organization or to enroll in evening courses. The work of the Third Age Centre is on-going. Other projects include, a major study on abuse of the elderly, an at home educational program for homebound seniors, music therapy for seniors in special care homes, strengthening exercises for the frail elderly, and research on drug use and misuse among seniors. The aim is to keep older Canadians active and independent. Mr. Grondin said that he sees retirement as the start of a new life which offers a wealth of opportunity for personal enrichment as well as service to the community.

ELDER ABUSE
SENIORS INDEPENDENCE PROGRAM
Grant Proposal
Submitted by
N.B. Gerontology Association
Region 3

Project Information:

In 1979, the New Brunswick Gerontology Association, with the assistance of the Fredericton Chapter, prepared and presented to the Premier of the province, a position paper on Elder Abuse in New Brunswick. Two years later protective legislation was introduced. Ten years later, however, we now recognize that legislation alone and government alone cannot combat the multi-dimensional problem of elder abuse. The problem is recognized as a full scale national problem with a growing body of scientific evidence in professional and popular literature to suggest that from 2-4 per cent of our elderly will be subjected to violence by a family member, friend or neighbour.

The Fredericton area Chapter (Region 3) of the New Brunswick Gerontology Association is concerned about elderly caregivers who are under daily pressures and feeling the burden in providing full time care. It is concerned about what these pressures can do to people. The association is also concerned about vulnerable seniors; the frail, the isolated, the dependent, and the very old.

The Chapter has identified a problem whereby there are presently no stakeholders outside of government committed towards working in the area of elder abuse. Government has the legislation and responsibility to respond, but there are no clear strategic mechanisms for case finding, public awareness, information dissemination, and community participation for problem solving.

Program Design:

The purpose of the project is to assess the extent of public knowledge regarding elder abuse and to educate the community about elder abuse. Also, the purpose is to facilitate the involvement of seniors, other community organizations and government in a collaborative approach towards developing on-going strategies and solutions to address the issues of elder abuse. The project will require funding over a one year period.

ALZHEIMERS WORKSHOP HELD

An Alzheimers Disease Workshop for field workers (professionals) sponsored by the Alzheimers Society of New Brunswick, the Third Age Centre, and Health and Community Services was held at Holy Cross House Conference Room, St. Thomas University, March 26, 1992.

The Main Objective of the Workshop was to inform and further educate those involved in working with individuals with Alzheimers Disease and their family members. By bringing together all those involved, it is hoped that the participants will be better informed and possibly view situations from other perspectives. The objective being a better response to the person with Alzheimers and those caring for her or him.

The day was organized so that everyone would be introduced to what Alzheimers is and the effect it has on individuals. The latter part of the Workshop was organized so that participants could be exposed to the different responses offered by the community. With these two objectives it was hoped that the presentations would give some food for thought, thus facilitating discussion amongst the participants of the Workshop.

The Workshop consisted of a lecture on the Myths of Senility, a video presentation, a slide show, panel discussions, small group discussions of panel presentations, and feedback from all discussions and finally a summary, wrap-up and evaluation.

INSTRUCTOR DEVELOPMENT COURSE

55 Alive - Taking Control

"55 Alive - Taking Control" driver retraining was offered April 14 and 15, 1992 at the New Brunswick Safety Council Inc., 620 George Street, Suite 5, Fredericton, N.B. This program is an up-to-date comprehensive nationwide driver retraining course geared to the needs of the older driver, 55 years and older. "55 Alive - Taking Control" Instructor Training Program is complete with new Instructor and Student Manuals, audio-visuals and promotional materials. Candidate "55 Alive - Taking Control" Program Instructors will receive in-depth training in the instruction and delivery of the Program. The Program is sponsored by the New Brunswick Safety Council Inc.

IT'S HIGH TIME

High Time is the name of the Tai Chi program especially designed for those who have not been involved in physical exercise on a regular basis.

Tai Chi instructor, Helen Ladouceur said that the seventy members of the class are enjoying their newfound exercise routine and have dubbed themselves the "Recycled Teenagers." The members pay 50 cents for each class and attend when they can. Each senior goes through the program at his or her own pace.

Seniors who would like to come only for the social aspect of the club are more than welcome to do so. Helen and her daughter, Virginia Smith started the classes after having taken the training given by the Third Age Centre at St. Thomas University. The Centre is designed to promote study and research on issues of aging as well as present materials of interest to seniors.

SENIORS DEMONSTRATE AT ST. THOMAS STUDENT GERONTOLOGY ASSOCIATION MEETING

Seniors from Burtt's Corner, accompanied by Pat Hine, came to St. Thomas University to meet with "the students of gerontology" on February 6, 1992.

The group came to give a demonstration of "High Time" exercise, which is an exercise that "focuses on easing into shape at your own speed, and starting at your own level of ability." This type of exercise is beneficial to both men and women in the 40+ range."

Before the demonstration began, Pat Hine explained the programme and gave a brief history of the group, mainly to give a better understanding to the students. The seniors group consisted of ages ranging from 65-83.

Both groups participated in the exercise and the students were astonished. Some of the seniors were more flexible and felt more at ease about the exercises than some of the students.

After the demonstration was completed, a lunch was provided by the Students Association to show their gratitude. The evening was an overall success and thoroughly enjoyed by all who attended.

The Burtts Corner group invited the students for a return to take place September 1992. The invitation was gracefully accepted. The Students Association are looking forward to this meeting and also looking forward to other meetings of this type in the upcoming school year. This is what we call intergenerational communication.

BRIAN W. FERRIS

RECREATION DEPARTMENT AND THIRD AGE CENTRE DANCE TOGETHER

Forming partnerships with like minded agencies to achieve mutual goals is a common practice in these challenging economic times.

Does this sound (yawn!) all too familiar and banal? Of course it does! That's why partnering with the Third Age Centre is such a pleasure. One never gets that blah, here we go again feeling.

The Fredericton Recreation Department and the Third Age Centre have been collaborating since the Centre's inception. From Board involvement, to developing key projects, to bouncing ideas off Centre Director, Maurice Grondin or Professor Gary Kenyon, the relationship has been thoroughly enjoyable (and, dare I say it, exciting!)

In the spring of 1991, we worked together to enlarge the delivery of the High Time program in New Brunswick Housing complexes, a project initiated by Maurice Grondin and High Time Instructor, Pat Hine.

An increased demand for High Time Peer Leaders prompted us to organize a training session in the fall of 1991. Twelve leaders "graduated" from the training. Two of these

leaders are now delivering the High Time program in a senior's complex and at their senior's club, two leaders set up a class in Oromocto, and two incorporated the High Time exercises into their existing exercise classes.

During the training, it became apparent that some revision of the High Time instruction manual was necessary. A focus group, composed of High Time leaders and participants, and Third Age Centre and Recreation Department staff gathered together to share their observations of the High Time program and to plot a new course for its delivery. Consequently, application was made to the New Horizons program of Health and Welfare Canada. The project was aptly titled "High Time Helpers For Health and Happiness." If all goes according to plan, by 1993, the High Time exercise program will have a new manual and will have recruited and trained additional Instructor Trainers, and more Peer Leaders.

In March of this year, the Third Age Centre volunteered its resources and involvement to the organization of the Epsilon Golden Games, a yearly sport and social event for people aged 55 and older. Working with the organizational committee, (comprised of Epsilon Y's Men, local seniors, and recreation Department staff), the Third Age Centre will be organizing a Health and Leisure Fair to be staged at Wilmot United Church, Carleton Street on Tuesday, June 23rd.

Is it any wonder that whenever we receive a call from the Third Age Centre we say, without hesitation, "Let's dance!"

Colleen Hanna
Recreation Officer
Fredericton Recreation Department

CREAMER LECTURES 1992

A lecture series pertaining to Physical Activity and Well-Being Across the Lifespan was presented by the Programme in Gerontology, St. Thomas University and the "Faculties of Education" and "Physical Education and Recreation," University of New Brunswick. The lectures were delivered by Donald Bailey, Ph.D., University of Saskatchewan, from April 6-8, 1992.

The Creamer lectures are presented annually in memory of Dr. T. LeRoy Creamer, a pioneer in gerontology and geriatrics in New Brunswick.

Titles of lectures were as follows:

- The Regulation of Bone Mass During Growth: The Role of Physical Activity and Nutrition.
- You're Only A Child Once: Are There Childhood Antecedents for Adult Health Problems?
- Bones of Contention: The Role of Physical Activity in the Maintenance of Skeletal Integrity.

The lectures were delivered in Fredericton and Saint John.

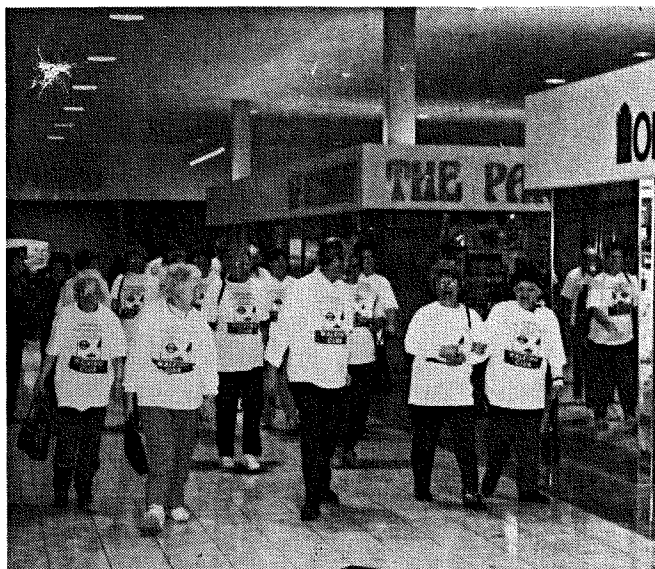
WALKING INTO HEALTH

The Regent Mall of Fredericton, New Brunswick has started a walking club for seniors. The Walking Club is co-sponsored by the Third Age Centre, St. Thomas University. This Club consists of a group of individuals following an informal, individually paced walking program within the Regent Mall.

Walking tones the muscles, helps control weight and reduces stress. Besides providing for a host of physical and emotional benefits, the Walking Club presents an excellent opportunity to socialize and meet other Club members.

The Walking Club allows you to walk in a climate controlled environment with a scenic route that changes daily.

It's easy to join. The registration fee is \$10.00, which includes a special T-shirt, exercise information, and participation in all activities. The kick-off date and first official walk was held on January 30, 1992. On the opening day, the Third Age Centre presented a display at the Mall Center Court consisting of signs, pamphlets, and provided a V.C.R. and T.V. Entertainment and refreshments were offered. To register or obtain more information, please call the Regent Mall Administration Office, 452-1005.



REGENT MALL OFFERS SERVICES TO SENIORS

Regent Mall offers several services to seniors, including Senior's Courtesy Day where over thirty stores offer a 15% discount to seniors. Courtesy cards are available at the Lotto Booth or at the Mall Office located near the BiWay, which lists all the participating stores. Wheelchairs are available to those in need. Call ahead to reserve one. Also, the Regent Mall and the Third Age Centre are now in the planning stages for bringing the High Time Exercise program to the mall. If enough interest is expressed, a convenient location at the mall will be used to hold classes. For more information, please call: Patricia Donnelly 452-1005, Regent Mall Marketing Director.

SPECIAL COURSE OFFERED

The Chair in Gerontology at St. Thomas University recently offered a special course in Human Development Through Guided Autobiography (Gero 3-408). In this course, students explored their own autobiographies and shared life stories with other participants, in relation to various theories of adult development and aging.

Some of the autobiographical themes that were explored are; branching points in one's life, family, work, career, retirement, love and hate, death and dying, spirituality, and other themes.

This course was offered from April 27 to May 14, 1992 at St. Thomas University, and the intent is to re-offer it in the future if the demand is significant.

SECOND SCHWARZWALD MEETING TO BE HELD IN GERMANY

The second Schwarzwald meeting entitled "Aging and Biography: Identity, Meaning, and Quality of Life" will be held in Bremen, Germany, from May 21-25, 1992. As with the first meeting in 1989, the conference is co-organized by St. Thomas University and the University of Bremen.

Speakers attending the conference will be as follows:

Dr. Gary Kenyon, Chair of Gerontology, St. Thomas University, Fredericton, New Brunswick will discuss "Enhancing Personal Meanings of Aging: The Importance of Biography."

Torbjorn Svensson, Ph.D., Gerontology Research Center, Lund, Sweden: "Quality of Life: Meaning, Involvement and Quality of Life."

Wilhelm Mader, Ph.D., Universitat Bremen, Bremen, Germany: "Continuity in Life Course."

Johannes J. F. Schroots, Ph.D., Director, ERGO Institute for Health and Aging, Amsterdam, The Netherlands: "Aging, Transformation and Individuation."

Jan-Erik Ruth, Ph.D., Director of Research, Kuntokaillio Centre for Gerontological Training and Research, Osterundom, Finland: "The Question of Reliability and Validity in the Quantitative vs. Qualitative Research Tradition."

James E. Birren and Betty A. Birren, Borun Centre for Gerontological Research, UCLA, California: Identifying and Measuring the Effects of the Autobiographical Experience. It is the intention of the participants to publish an edited volume from the conference proceedings.



LECTURE SERIES PRESENTED

Colloquium Series 1992, hosted by the Third Age Centre and the Chair in Gerontology, St. Thomas University, began January 15 at Holy Cross House from 7:30 to 9:30 p.m. The Colloquium was an informal public lecture and discussion series.

The lectures were video-taped and are now available on video cassette to you or your senior's group. These videos are made possible through a project funded by Health and Welfare Canada, Seniors Independence Program Grant #4687-3-89/006 in cooperation with Fundy Cable and Volunteer Camera operators, students from St. Thomas and seniors of the Fredericton region.

Cassettes available are as follows:

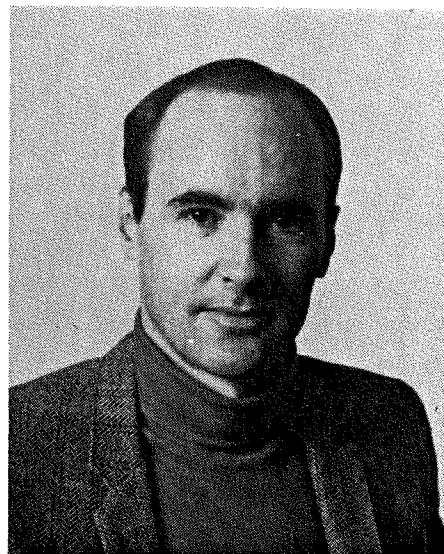
- Val Chongva, New Brunswick Gerontology Association, Chapter 3: "Images of Aging"
- Bruce Hatfield, Lawyer, Hanson Hachey: "Patient Rights in Health Care"
- Pat Hine, High-Time and Yoga Instructor: "Yoga for Seniors: An Awakening to the Essence of Health"
- Constable Paula Murray, Fredericton City Police: "Aging and Crime Prevention"
- Rev. Bill McLeod, Pastoral Care, Dr. Everett Chalmers Hospital: "Enhancing the Spiritual Journey"

- Eric Gionet, Community Based Services for Seniors: "As Parents Grow Older"

DR. GARY KENYON HAS ARTICLE PUBLISHED

Dr. Gary Kenyon, Chair in Gerontology, St. Thomas University, recently had an article published in the International Newsletter - Aging and the Human Spirit Vol. 2, No. 1 from the University of Texas Medical Branch.

The title of Dr. Kenyon's article is Aging and Possibilities for Being. Congratulations Dr. Kenyon.



SPRING CONVOCATION

Students graduating from St. Thomas University 1992 with an interdisciplinary major in Gerontology are; Nancy McKinley, Donna Patey, Monik LeBlanc, and Marsha Nichol. Those receiving the Certificate in Gerontology are; Suthi Intaprasert and Lynn Haley.

EMPLOYMENT IN THE FIELD OF GERONTOLOGY

The future is seen to be improving for employment in the field of Gerontology. The following two advertisements for help wanted were published recently:

Veterans Affairs Canada
Chief, Client Services
Saint John, N.B.
\$39,937-\$48,257
Permanent position
Ref. No. S-92-12-0100-DVA(A24) Proficiency in English and French.
Completion of post-secondary studies in social work, social science, gerontology or health science. Experience in assessing client needs and care planning, in implementing and coordinating client-oriented social services, and in supervision.

RESIDENCE SUPERVISOR

Responsible for the daily operation of a Senior Citizen's Lodge, including the supervision of 8-11 staff, responding to the needs of up to 65 residents and ensuring the premises are maintained in a good state of repair.

The ideal candidate will possess some post-secondary education which includes course in gerontology. A combination of education and experience working with Senior Citizens will also be considered.

Salary range is \$28,106 to \$33,046 per annum. Please submit your resumé by 1992 March 13 to:

Personnel Manager
Metropolitan Calgary Foundation
110-10 Avenue N.W.
Calgary, AB
T2M 0B3

THIRD AGE CENTRE BOARD OF DIRECTORS

Gary M. Kenyon, Ph.D., Chair in Gerontology, St. Thomas University

Eric Gionet, Supervisor, Adult Services, Department of Health and Community Services, Province of New Brunswick

Colleen Hanna, Director, Programmes for Seniors, Department of Recreation, City of Fredericton

Berdie Darrah, President, New Brunswick Senior Citizens Federation

George Wakeling, Vice-President, Chapter 3, New Brunswick Gerontology Association

Mike Dunphy, Accountant (Ret)

This project is made possible through Health and Welfare Canada, Senior Independence Program, Grant #4687-3-89/006.

Compiled and edited by
Geraldine Hoyt, B.A.