

President's Message

There is a freshness in the air with Spring firmly upon us and Summer within sight. This is a very special time of year as we get out from within our Winter ways and allow the warmth of the sun fill our hearts as well. In all honesty, filling our hearts and minds with encouragement, hope, knowledge and a bit of fun was the aim of your Third Age Center these past months and we truly hope we have met that for our members. It is our joy to serve you in these ways.

Your Third Age Center board have been very active in participating in forums and committees within the community to not only stay informed but to ensure the voice of seniors is heard. This involvement is one of the many joys of being on the board of the Third Age Center and if you are feeling called to be a part of it, please reach out, we would love to have more representation on the team.

I want to take a moment and recognize a couple of your board members. Firstly St. Thomas University awarded your Vice President, Sister Eleanor McCloskey an honorary degree at spring convocation. In announcing this year's honourees, the University noted that Eleanor has been a well-regarded teacher, pastoral caregiver and community activist.

“She has been motivated by belief in inclusiveness and equality—this belief inspired her to challenge the boundaries in every community that she has served, whether it’s the Church, the university or society.”

Eleanor holds advanced degrees in education and pastoral ministry and was a teacher in the public school system before joining the Faculty of Education and Campus Ministry at St. Thomas University. She co-wrote *Navigating New Waters*, a resource manual for nurturing and promoting compassionate care in healthcare settings and was a co-organizer of Sundays at Seven, a series of discussion groups on faith and societal issues. A breast cancer survivor, she helped establish support groups and organize retreats for other survivors throughout the province.

On retirement, Eleanor became active in the Third Age Centre wishing to accompany seniors in contemporary spirituality, enjoyment of leisure, developing imaginative ideas and constant learning.

Additionally, our very own long standing board member Bill Randall has had a

President's Message Cont'd

book published and recently launched at STU. We have more details on the book and launch on page 4.

You may recall, from past newsletters, the Strategic Planning Session that took place last July. There has been great progress towards a number of the outlined objectives. We are working closely with the University to raise the profile of the Third Age Center within STU. It has been extremely beneficial working more closely with the Atlantic Institute on Aging.

Another objective has been to tackle the operating deficit and with your support, donations and sponsorship, the 2014 operating deficit was decreased by close to 40%. We have a little way to go but are confident with, you, our members continued support we will get there.

Michele Madore, President

Interested in Joining the TAC 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 the office at 452-0526 or 3rdage@stu.ca

Special Seniors Bursary Provision at Tatamagouche Centre

Tatamagouche Centre has received funding to support seniors participation in programs. They have used this to lower the cost of some programs like Sacred Conversation with Diane Mills (Oct 18th-20th), and Spiritual Care for Elders (Nov 6-7). It also means they have a special seniors bursary fund for anyone 55 or older to reduce your cost to attend any program! The fund is limited, though, so please register early.

The Centre strives to make their programs as accessible as possible. Please contact the Registrar to inquire about a bursary or payment plan. www.tatacentre.ca 1-800-218-2220

New Senior Resource Directory

The City of Fredericton has just released a Fredericton Directory of Services for Seniors which was spawned by the Age Friendly Community which is chaired by Deputy Mayor Eric Megarity. Your TAC board is represented on the committee along with a good cross reference of older adults within the city. Our TAC members have voiced that there needs to be an collection of data such as this and we are so very pleased that the City of Fredericton has moved forward with it. Here is the web link to this brand new publication.

<http://www.fredericton.ca/en/recreation/resources/2015SeniorsDirectoryE.pdf>



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The Third Age Centre invites you to attend our 24th
Annual General Meeting

Wednesday, June 17th, 2015

2 pm

York Street Train Station

380 York St., Fredericton

Come to hear reports of TAC's activities, elect the new Board, discuss plans for the 2015-2016 program year, and enjoy refreshments and social time with your fellow TAC members.



Guest speaker: Nutritionist Margaret Langille

Margaret is the nutritionist at the Sobeys on Regent Street and will be offering tips and suggestions for cooking for one and cooking on a budget.

Margaret will be preparing tasty tidbits to enjoy.

Everyone is Welcome!
Refreshments! Free Admission!

Please RSVP to 452-0526 or 3rdage@stu.ca

NEW BOOK BY TAC BOARD MEMBER, *Bill Randall*

The Tales that Bind: A Narrative Model for Living and Helping in Rural Communities (University of Toronto Press, 2015) is a new book by William Randall, the late Rosemary Clews, and Dolores Furlong.

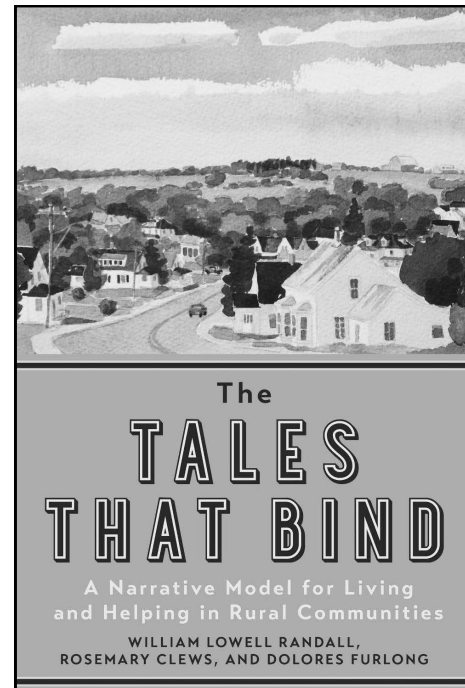
Launched on Friday, April 10, at St. Thomas University, the book looks at the challenges and opportunities faced by practitioners in helping professions who live and/or work in small rural communities.

Every year, thousands of new practitioners in professions such as social work, education, medicine, and religious ministries leave the large urban centres where they received their training and go to work in small towns, remote hamlets, and other rural settings. Often, however, they find themselves unprepared for the challenges of professional life in these communities.

Drawing on in-depth interviews with more than 40 practitioners working in a range of professions and communities throughout rural New Brunswick in a variety of settings – e.g., francophone, Anglophone, First Nations, *The Tales That Bind* presents a narrative approach to facing such challenges. Using fictionalized vignettes and autobiographical sketches, the authors argue that success as rural practitioners requires “knowing the story” – whether that is personal, communal, or regional.

“Human life is storied through and through, which is to say that we deal far more in terms of stories (perceptions, interpretations) than of facts,” the authors write in the preface. “In small communities, storytelling can be pivotal to daily life -- for better or worse, given both the compassion and the gossip that can link their members together.

“We have sought at every turn to let stories and not theories take the lead throughout the book. Listening to stories and learning from stories, we believe, lies at



the core of effective rural practice; this has been our conviction from the start.”

The Tales That Bind is an accessible, practical guide to using narrative techniques in practice and will be useful to students, teachers, and professionals working in rural settings.

About the Authors

William Randall is a professor in the department of Gerontology at St. Thomas University. Rosemary Clews was a professor in the department of Social Work and Assistant Vice-President (Research) at St. Thomas University. Dolores Furlong is a professor in the Faculty of Nursing at the University of New Brunswick.

NOTE: *The Tales That Bind* can be purchased for 24.95 at the Campus Bookstore, or online at <http://www.utppublishing.com/The-Tales-that-Bind-A-Narrative-Model-for-Living-and-Helping-in-Rural-Communities.html>

Enthusiastic Wellness Day !

On Wednesday, February 18, 2015, several TAC members attended *The Capital Region Wellness Forum* downtown at the Convention Centre. 250 participants, of all ages and varied interests, were registered.

We heard several presenters:

- Lori Johnstone is a consultant with the Wellness Branch, Department of Healthy and Inclusive Communities; she introduced us to NB's Wellness Strategy 2014-2021 (See www.gnb.ca to download their colorful booklet).
- Anne Cullihall, also a wellness consultant with DHIC, spoke about The Wellness Movement
- Julie Gallant-Daigle, social worker and Executive Director of Youth in Transition, shared a vision of the Foyer Model in caring for youth.

After morning break, we moved to tables for focused and directed discussion on choices of topics.

Maintaining Our Health and Staying Active

During the winter TAC offered a series of presentations to help us maintain our health and physical and mental agility.

There was a great interest in Dr. Parissa Bunin's January 22 presentation, *Body, Mind, and Soul: the Three Cornerstones of Good Health*. Dr. Bunin operates the Fredericton Naturopathic Clinic with her husband, Dr. Judah Bunin. She offered tips and suggestions on dietary and lifestyle changes we can make to maintain our mental, physical and spiritual health. We were invited to submit written questions during the break.

On February 19 we welcomed Renée Erb, Pharmacy Services Specialist for NB and PE from Lawton's in the Brookside Mall. Renée launched enthusiastically into her presentation titled *How, When, Why, and with What? - the Challenge of Managing Our Medications*. She outlined some basic dos and don'ts and received ques-

The list included: healthy aging, mental fitness and resiliency, accessibility, public safety, food security, youth development and leadership. The collective wisdom in these random groups was recorded on specially designed and prepared "action" sheets.

After lunch, we heard from Corinne Hersey, Sociology professor from STU; she spoke about the Fredericton Food Charter. Jane Wilson, a classroom teacher, spoke about Spark Bikes, and Adam Thornton, from the Atlantic Institute on Aging, gave information on the concept of Dementia Village.

We had more opportunity to refine our directed discussions. The day was fast-paced and energetic, positive and upbeat. The facilitator, Aimee Foreman, kept the entire group on task and productive.

Eleanor McCloskey, Vice-chair TAC

tions. She spoke about the risks of over-medicating, of interactions with prescribed medications and over-the-counter products, brand name versus generic drugs, drug plans for seniors, using pill sorters and blister packs to help keep track and the importance of "expiry" date on medications.

We got moving on March 26 with the presentation *Safe, Flexible, Strong and Balanced*. Physiotherapist Karen Gotterod displayed mobility aids and provided some tips for making our homes safe from injury, improving our range of motion and balance, and methods to strengthen our bones and bodies. She and TAC president Michele Madore, who holds registered Seniors Fitness Instructor Certification, led us through a variety of movements and techniques which can then be practiced at home, many from a chair.

Changing the Conversation on Aging and Dementia

I was contacted by the Third Age Centre to present (April 8) on a topic that unfortunately is close to many, Alzheimer's and related dementias. The Alzheimer Society of New Brunswick has just completed an extensive visioning and strategic planning process, and I was thrilled to have had the opportunity to present where we are currently in the province as it related to dementia, and the future vision we see for those impacted by this devastating disease. We have a plan that we know will change the lived experience in New Brunswick and we were pleased to be offered the opportunity to meet with over 40 stakeholders and Third Age Members to share this exciting vision. We were grateful for the opportunity and the energy in the room, and we hope that our vision inspires some who attended that day.

Thank you for the invitation!

Chandra MacBean, Executive-director, Alzheimer Society of New Brunswick



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Vision

We see communities where no one suffers from dementia – we have taken a stand against the disease, defied its predicted path, and defeated its dark shadow.

Alzheimer Society of New Brunswick

How Can You Help?

- Learn about dementia
- Champion positive behaviour
- Be a “stigma buster”
- Volunteer
- Participate in events — personally, family and work
- Become a donor
- Advocate for change

Walk for Alzheimer's

This May join the Alzheimer Society of New Brunswick and make memories matter at the 12th Annual Walk for Alzheimer's on Sunday, May 31st at Odell Park. Register at noon with friends and family. Sign up today and start fundraising for your chance to win the Grand Prize of a *Gift of Flight*, two tickets to any WestJet destination! For info or to register yourself or a team visit walkforalzheimers.ca.

**The Third Age Centre
St. Thomas University
Fredericton, N.B., E3B 5G3
Telephone: (506) 452-0526
3rdage@stu.ca**