



President's Message

Dear Members,

The new year arrives with all the excitement and business of the season. We remember all the holidays and people connected with past times. We wonder where the time has gone and how did it pass so quickly. Some of us were with our families, others were with friends and community. However we spent the holidays, it was a time to reach out and connect with others and embrace what is important to us.

We hope you have enjoyed and been informed by the events held this past year and that you will join us for our upcoming presentations. We will continue to focus on health, wellness and quality of living.

Dr. Andrew Weil, father of integrative medicine was asked to define "healthy aging". He replied, "To me, healthy aging means that however old I am, I feel generally good. I have enough energy to meet life's demands; I am engaged with life; and I am not experiencing any major disabilities from the common diseases of aging. Plus, I am not totally engulfed by negative perceptions of aging—that's difficult to do when the culture strongly sends the message that the worth of human life diminishes with age. All the media and marketing targets a very young demographic and forgets about the rest of us." He stresses the need for a "culture of health" with focus on health promotion and disease prevention. Dr. Weil—age 72

The Third Age Centre is working on presentations for the coming year that are of particular interest to our members. Here are some of the topics being addressed-

- Housing for older persons with speakers from Canada Mortgage and Housing Corporation (CMHC) and other organizations
- Sleep—problems and solutions
- Balance and exercises for prevention of falling
- Movie afternoon
- Food event

We are interested in your input and welcome your suggestions. Should you have a topic you wish us to consider, please contact the Third Age Centre.

We wish to thank Brenda Seeley for her donation of paying for the refreshments at the October event at the Willie O'Ree Centre.

We look forward to seeing you in the new year and invite you to bring a friend to the programs.

We all get older...Bugs Bunny turns 75 ... despite the best efforts of Elmer Fudd and Yosemite Sam. :))

Thank-you.

Sincerely,

Donna Evans, President

George Wakeling Award: Constable Duncan Lombard

At our November 18 session, our president Donna Evans presented the George Wakeling Award to Constable Duncan Lombard, a 25-year member of the Fredericton Police Force. During the past eight years, Constable Lombard has been assigned to the Crime Prevention Section in the Neighborhood Action Team. He has been instrumental in bringing a group of seniors together in a Seniors Advisory Group to move forward initiatives for adults 50 years and over. This group, with Constable Lombard, has been successful in a number of harm reduction and crime prevention projects. These include a home security audit and a medical emergency quick reference white board. Congratulations from Third Age to Constable Lombard for his leadership among us. As his nomination letter states: “Constable Lombard truly believes in the value of working with all community members,



especially adults 50 years and older, to promote and maintain healthy living.” (Photo: Marie Sutcliffe)

Honourable Mention: Jesse Everett



Jesse Everett of Stanley was awarded a special certificate for his exemplary work and presence among the residents at Nashwaak Villa. With help from Jobs Unlimited, Jesse was trained to help in all departments including *Activities, Housekeeping and Dietary*. The team nominating Jesse wrote: “We feel

as a team that Jesse makes a huge impact on the residents’ life and daily routine here at Nashwaak Villa. He goes above and beyond.”

Several of his co-workers from Nashwaak Villa were on hand to celebrate with Jesse as he accepted his award. Congratulations, Jesse, from Third Age!

(There were no nominations for the Logue Memorial Award this year.) (Photo: Steve Everett)

Canada.ca/Seniors

The Government of Canada’s website for seniors and their caregivers (Seniors.gc.ca) is evolving to make its web content more accessible and user-friendly. It can now be accessed at: www.Canada.ca/Seniors

To demonstrate how the website works and encourage seniors and caregivers to visit the site, the Government of Canada has created a video tutorial. The video, which has been customized for each province and territory, serves as a guide to help seniors and their care-

givers access information on resources, programs and services.

The videos can be downloaded by visiting Canada.ca/Seniors: Canada.ca/Seniors Video tutorial

Copies of Dr. Bill Cook’s presentation, *An Introduction to Mindfulness and Mind/Body Medicine Regulation*, can be obtained by emailing 3rdage@stu.ca

Register soon...

**How to Research Your Family History:
Tips, Tricks, and Techniques for the Beginning Genealogist**

by

Carol Randall

Fredericton author and historian

Friday, January 15, 3:00-5:00 pm
(Friday, January 22 as storm date)

Location to be determined

In this highly interactive presentation, local author and historian, Carol Randall, will walk you through a set of basic strategies for researching the history of your own family - for free and from the comfort of your own home. To help Carol prepare for this event, please register soon. If at least three generations of your family were born in New Brunswick and you want your name drawn to be used as a "test family, then please provide your name and that of your father and grandfather. With this basic information, Carol will lay out her unique approach to exploring our "roots".

To register, please email 3rdage@stu.ca or phone 452-0526. Messages will be checked over the holiday period.

Admission: \$5 Members~\$10Non-Members~STU students free



Challenging the Image of Aging

On November 18, our guest presenter was STU sociologist Deborah Van den Hoonaard. Deborah spoke to us on the topic: *What's wrong with how we think about aging in New Brunswick?* In her lively talk, she gave examples of stereotypes about aging and outdated ideas about what it means to grow old, ideas that still have a hold on so many and influence policy discussions and dialogue.

“We live in a society in which ageism, prejudice and discrimination against people based on being old, is endemic. We take it so for granted that we do not recognize it in our behavior and discourse.” One example cited was “senior moment,” a term we may use jokingly. We connect being old with memory loss or

functional incompetence. Stereotypes “lead us to expect most old people to suffer from dementia at worst, or at least loss of ability to think and make judgments.”

Citing reference to the term “silver tsunami”: “Today we have a life expectancy that earlier ages would not have dreamed of as a possibility. How is it we consider one of the greatest achievements of society a disaster?”

An abbreviated version of this presentation was printed in *The Daily Gleaner*, December 1.

-Eleanor McCloskey

Volunteer Opportunity with Fredericton Area Network Inc. (FAN)

The Fredericton Area Network Inc. (The FAN) is a registered charity, incorporated in 1995. Currently our main activity is rebuilding computers to give away to persons of low income. Our priority group is people with disabilities, but most of our clients are simply senior citizens. Over the last 20 years this volunteer group has given away more than 7000 computers.

Now we have an additional focus. Please visit www.fanvc.ca. The Fredericton Area Network Volunteer Council is offered as a service to the greater Fredericton area volunteer community.

We need new people to join our group to help with

the build of this website and the concept of a central IT service for the volunteer community.

Although we are a seniors' organization (50+), anyone male or female of any age that has the patience to add web pages to this website is welcome. If you don't already know how to build a web page we will teach you how to do it. We use an online service similar to Go Daddy or Wix. It is a click and drag, copy and paste arrangement.

Please contact:

Chris Grady, 506-476-7756

(c)cgrady@nb.sympatico.ca

Perceptions and Expectations of Retirement

At our December Board Meeting, our Third Age Centre received a Midterm Summary Report of *Perceptions and Expectations of Retirement*, an ongoing survey (until March 31st, 2016) being carried out by the Atlantic Institute on Aging (AIA). The four women working on this project shared a brief graphic summation of responses to date.

Who knows more about retirement than those who are

living it? AIA would like to hear your stories.

If you would like to participate, the survey can be accessed here: <http://goo.gl/forms/3NyXgYq0YZ>

Balancing Safety and Independence

Each year offers a special week, designated National Senior Safety Week, a time to draw attention to the topic of safety, especially at home. This year, the focus of the week (Nov. 6-12, 2015), was on maintaining a safe, dementia-friendly home.

Sometimes we can be lost even in familiar places and it's always important to work for a balance between safety and independence.

Tips from the Canada Safety Council and the Alzheimer Society of Canada include the following

1. Have fire extinguishers, smoke detectors and carbon monoxide detectors tested regularly to be sure they are working properly.
2. Use appliances that have automatic shut-off

features.

3. Remove locks in bedrooms and bathrooms.
4. Keep medications in a secure area.
5. Consider installing safety equipment (railings, grab bars).
6. Keep emergency numbers – in large print - near the phone.
7. Remember that symbols like skull and crossbones; words like “toxic” and poison” may have lost their meaning for us.

More information can be found at:

<http://canadasafetycouncil.org/news/maintaining-safe-dementia-friendly-home>

Coming in February—Pathways to Stillness

In this presentation Dr. Gary Irwin Kenyon, Chair of Gerontology at St. Thomas University, will share a pathway to finding meaning and peace in the midst of life changes through moving, meditation and exploring your unique wisdom story. Pathways to Stillness is about getting in touch with your life and also about

learning to appreciate wandering or meandering along life's pathways.

The presentation will take place February 3, 2016 at the St. Thomas University Conference Centre.

Free Internet Tutorials

Know someone who needs help? The Nashwaaksis Public Library is offering free tutorials in creating an email, using Kobo or an e-reader, managing Twitter and Facebook, and more.

The tutorials will be offered Tuesday and Thursday

evenings and most Saturdays.

For more information, please contact the Nashwaaksis Public Library by calling **506-453-3241** or emailing **nashwaaksis.library@gnb.ca** or dropping in.

The library is located at 324 Fulton Ave.

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