

President's Letter

Ah, the dawn of a new year. Welcome 2015, we are excited to discover what you have in store for us!

In my first six months as President of the Third Age Centre there have been so many opportunities to see other groups of compassionate and concerned citizens of the Fredericton and surrounding areas come together in efforts to better the lives of seniors. I am honoured to tell you of a few.

In my message of September 2014, I mentioned the City of Fredericton was holding a congress about an "Age Friendly Future in Fredericton". This congress provided opportunity for citizens, government and service groups etc. to hear presentations and most importantly provide feedback on what needs to happen in our city to make sure it is "Age Friendly". I am so very pleased to tell you that this feedback was plentiful and the committee named "Fredericton Age Friendly Community" are rolling up their sleeves to create priorities for **ACTION!** The Third Age Centre is represented on the committee and we will be sure to inform our membership of exciting steps as they

unfold and perhaps ways you too can be involved.

Another group that is truly working towards positive change is the Seniors Task Force, headed by Constable Duncan Lombard of the Fredericton City Police. Again, Third Age Centre is represented, providing suggestions and eager to assist where possible. The Seniors Task Force created the Emergency Information sheet for the refrigerator that most of our members have received. Additionally, they have created a pilot program where a seniors' apartment complex has a system of identifying residents with mobility challenges in the case of an emergency. This will be of great help to first responders (Police, Fire and Ambulance).

In November, during our session on Emergency Preparedness, a topic that surfaced and resurfaced a number of times was the need of a Vulnerable Persons Registry. This is a method of keeping record of the most vulnerable citizens in our area in order to arrange help in times of need such as we experienced in the

Passion, Commitment and Service



Honoured: TAC President Michele Madore and Lt.-Governor Graydon Nicholas (3rd and 4th from left) presented the prestigious 2014 George Wakeling (to an individual) and Logue Memorial (to a group or organization) Awards for outstanding service to seniors at a luncheon held Oct. 1, 2014 in recognition of the United Nation's International Day of Older Persons. Two recipients were selected from a strong field of candidates to receive the 2104 George Wakeling Award. They were Marion Norquay and Fred J. Bearisto (far left). The Fredericton Area Network (FAN) received the Logue Memorial Award. Four members of FAN were in attendance to accept the award. They are (centre to far right): Chris Grady, President; Bob Andrews, Bill Brayall and Allison Warren. Absent from the photo: Murray Swan, Willard Miller and Llewellyn Brewer. (Photo courtesy of Bob Rogers)

2014 Honourees

In introducing the 2014 honourees, Third Age Centre President Michele Madore noted the diversity exhibited in their service to older New Brunswickers.

"Each saw a need and utilized their very different individual talents and passions to address that need and better life for seniors in their communities," she said.

George Wakeling Award

Marion Norguay: Born in Bear Island, NB, Marion married Albert (Bert) Norquay in 1962 and moved to the Norquay family farm in nearby Lower Queensbury. Sharing the couple's home were her father-in-law (bedridden) and two brothers-in-law and a great-uncle. Over the next 40 years, Marion compassionately cared for both her husband's parents and her own parents, as well as her uncle, husband and then brother-in-law who each in turn contracted and died from

The Third Age Centre cordially invites you to attend...

**Body, Mind and Soul:
The Three Cornerstones of Good Health**

Thursday Jan. 22, 2014

2:00-4:00 pm

STU Forest Hill Conference Centre
368 Forest Hill Road
Fredericton

A discussion with naturopath

Dr. Parissa Bunin

Strengthening our immune systems, challenging our minds, staying active and engaged...essential elements to our wellness. Dr. Bunin will be discussing dietary and lifestyle suggestions in order to stay healthy in all aspects of life: mental, physical and spiritual.

and...

WHY, WHEN, AND WITH WHAT?
The Challenge of Managing Our Medications

Thursday, February 19, 2014

2:00-4:00 pm

STU Forest Hill Conference Centre
an afternoon with

Renee Erb, BSc (Science), BSc (Pharm)



Are You Ready?"

Are you prepared in the case a prolonged power outage, fire, or hurricane? In November, TAC members took part in lively interactive discussion, "Are You Ready?" on how to prepare for emergency and what to do when one occurs.

If you missed the session, an emergency handbook and other information is available for download at www.getprepared.qc.ca

This basic emergency kit is suggested in the handbook:

- Water- at least 2 litres per person per day: include small bottles that can be carried easily in case of an evacuation order
- Food that won't spoil such as canned food, energy bars and dried foods
- Manual can opener
- Crank or battery-powered flashlight (and extra batteries)
- Crank or battery-operated radio (and extra batteries) or a Weatheradio
- First aid kit
- Extra keys to car and house
- Some cash in smaller bills, such as \$10 bills and change for payphones
- A copy of your emergency plan and contact information.
(*Replace all batteries, food and water at least once a year.*)

Please note this is a basic list. You will find additional and more comprehensive suggestions in the booklet.

Interested in Joining the Board?

Are you passionate about improving the lives of our aging population? TAC is seeking additional board members. 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!



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Award Recipients Cont'd

cancer. During that period she immersed herself in Red Cross and St. John Ambulance courses, eventually becoming an ambulance driver and serving as superintendent for the Keswick Ridge Division--St. John Ambulance for several years. In 2004, left on her own, Marion began providing homecare for several elderly neighbourhood friends. Seeing a need, she created North York Community HomeCare in 2010 and today this company provides home care services to a wide area of rural York County. Among her many services to the community, she served as chairperson of the Lower Queensbury Community Club for 30 years. The club provided seniors with a place to meet, provide companionship and create quilts.

Fred J. Beairsto: In 2006, York Manor, a 200 bed full service nursing home in Fredericton formed a charitable arm to raise funds to enhance the care of residents. Fred was one of the community leaders consulted. He became the chair of the Transforming Care Campaign. A totally new fund-raising effort in the Fredericton area, with no history of support, the campaign also faced the challenge of a relatively low level of engagement on aging issues in the In the process, the campaign engaged citizens on aging issues, on both a societal and personal level. Also the Atlantic Institute on Aging was developed to do research to determine best practices in order to improve quality of care. Fred continues to provide exemplary service to the senior population and in 2014 was recognized as a Patron of the York Care Foundation.

The Logue Memorial Award

The Fredericton Area Network (FAN):

A registry charity made up of volunteer retired or near-retired technically minded people, the group works quietly to provide thousands with internet service. FAN was started in 1995 to provide free text-only internet service to anyone within the Fredericton calling area. In 2012, through a Human Resources and Skills Development Canada New Horizons for Seniors Program grant, the FAN volunteers redirected the organization with a new purpose, providing an opportunity for retired technically minded people to volunteer their knowledge and skills to worthwhile projects in the community. They decided to focus on providing technical advice, assistance and equipment to clients of the Stan Cassidy Centre for Rehabilitation (SCCR), persons with disabilities as recommended by the Premier's Council for the Disabled (PCD) and seniors recommended by the provincial Department of Social Development (SD). To that end the FAN volunteers have delivered more than 500 computers (free) per year to seniors, persons with disabilities and low income families in New Brunswick. Since 1995, they have totaled 7000 computers.

People Link

Looking for timely information on cultural and learning events relevant to seniors? TAC Member Marilyn Noble distributes a community bulletin packed with information by email. If you would like to be added to the distribution list, please contact Marilyn at mrnoble@nbnet.nb.ca

President's Message...

ice storm of 2013, Arthur in 2014 and our Fall power outage as examples. There are pockets of this type of record keeping happening now in small communities, church communities and some service groups but even with this, many fall through the cracks. Creating this type of formal registry involves bringing together a number of organizations, resources, time and, of course money. There is no easy solution but it is very encouraging that this type of registry is getting attention through discussion, a starting point indeed.

We are very excited to be announcing that the Atlantic Institute on Aging will be sharing our office space at STU in the Holy Cross building. This synergy will provide our membership with an opportunity to be closer to, and allow for, greater opportunities to be involved in research projects that can meaningfully impact the lives of seniors. Additionally, we will have greater access to projects and findings from the Institutes resources. Our organizations provide a wonderful complement to each other.

As your Third Age Center board considers and plans future information sessions, the only objective is to provide meaningful, relevant and thought-provoking content with a splash of fun from time to time. Your recommendations are always welcome so please keep sharing them.

UNB Wills Law Project

UNB's Chapter of Pro Bono Students Canada has initiated a Wills Project, a joint effort between legal professionals at Stewart McKelvey in Fredericton and upper year law students at UNB's Faculty of Law.

The project goal is to provide greater access to properly drafted wills and powers of attorney, legal documents that are also important planning tools. The hope of the project is to provide these tools to those in the Fredericton community who may not otherwise be able to afford them.

Project Eligibility

The Wills Project will arrange a meeting with legal professionals at Stewart McKelvey and draft a will and/or power of attorney free of charge for eligible participants who meet the following criteria:

- Families with an annual income of \$35,000 or less and less than \$100,000 in global assets.
- Living in the Fredericton area (must be able to attend a meeting with a law student volunteer and Stewart McKelvey lawyer at Stewart McKelvey offices).

Additional information and online applications are available at www.unbwillsproject.com.

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