

## President's Letter

All around the Third Age Center office, which is located on St. Thomas University Campus, you can see and feel the bustling students and staff filled with excitement as they enter yet another year of their academic life. We here at the Third Age Center are feeling very much the same as we embark on another year of programming, communication and education sessions for our members and the community at large. I am so very pleased to be working with such an enthusiastic team of volunteer board members who are eager to get creative as we aim to continue to provide unique content to seniors through events and information.

This fall the City of Fredericton is presenting "Questions That Matter" which is a congress about an Age-friendly future for Fredericton which is so exciting and encouraging. Many of our members have indicated that they plan to attend as there will be an opportunity to share ideas and wisdom. This event is taking place on September 11<sup>th</sup>. Additionally there is the upcoming Symposium on Excellence in Aging taking place September 23-26<sup>th</sup> and our senior members are being offered a special rate to attend. Next is the Third Age Center luncheon in celebration of the International Day of Older Persons on October 1<sup>st</sup> and the

individual and organization that has made an outstanding contribution to enhancing the quality of life of seniors as well as an engaging speaker. This luncheon does have limited seating capacity so be sure to register early!

This past July we held a strategic planning session with a combination of outgoing and current board members to really define what has made the Third Age Center such a complement to our community and to outline what unique characteristics and strengths exist so that we can continue to bring relevant information and opportunities to our membership. There is an astounding depth of experience and knowledge residing with our membership, and enthusiasm to boot, that we would like to have your ideas, suggestions, concerns and general comments so please feel free to send along an email anytime.

Since our AGM in May we have had a new board member join us so I would like to give a big "Welcome" to Elizabeth (Betty) Greenfield, a woman who is passionate about learning at any age and a strong advocate of St. Thomas University.

*(continued on p.2)*

## Tool Kit for Seniors



A new legal toolkit designed to help protect seniors from abuse and fraud has been released by the Public Legal Education and Information Service of New Brunswick.

In addition to an overview of various legal tools that can help seniors prevent fraud and plan for the future, the kit has a variety of information on other subjects including patients' rights, dating, and volunteering.

The toolkit can be viewed online at: <http://www.legal-info-legale.nb.ca/> . Look under Publications in the Abuse and Violence section.

To request a copy call (506) 453-5369 or email [pleisnb@web.ca](mailto:pleisnb@web.ca)

## President's Message cont'd

During the AGM and Strategic Planning Sessions it was made abundantly clear that we must look at fundraising in order ensure the Third Age Center is able to continue to serve you and our community in important and unique ways. We are working on a few ideas and hope to communicate details about an enjoyable and inclusive event coming your way very soon. On the note of financial support I truly want to thank you for your support through membership, membership renewals and donations of all sizes. (Third Age Centre has charitable status). They all add up!

I look forward to seeing you at our upcoming events and please, share with your friends about our organization... together we can make a difference in peoples' lives!



151 Main Street, Unit 2, Fredericton, NB

Learn to Move with Comfort & Ease  
Awareness Through Movement Lessons  
Beginning September 2014

Contact Carolyn Townsend at 461-6898 or [ctown@nbnet.nb.ca](mailto:ctown@nbnet.nb.ca) for more information.

**P. Michele Madore, PFP**

Wealth Advisor

506-458-1771

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*You are invited to a Celebration of the United Nations  
International Day of Older Persons*

## **International Day of Older Persons Luncheon**

**Wednesday, October 1, 2014**

at

**Grace Memorial Baptist Church**

536 Northumberland St. (corner of Northumberland and Connaught Sts.), Fredericton

**A lunch of roast turkey will be served at 12 Noon, followed by  
presentation of the George Wakeling and Logue Memorial Awards.**

These prestigious awards recognize the long term commitment and outstanding contribution by individual and groups to enhancing the quality of life of seniors.

**Guest presentation by**



**CANADIAN SNOWBIRD  
ASSOCIATION**

Canadian Snowbird Association Vice President & Director, **Ron Steeves**,  
of Fredericton will give an informative talk on:

Number of days out of Province & Country

Cross-border issues

Forms to fill out

Retired Persons Visa

Insurance requirements – travelling snowbirds

Question and Answer Period

**Please RSVP by Sept. 25**

**Phone: 452-0526 or email [3rdage@stu.ca](mailto:3rdage@stu.ca)**

**\$15 – payable at the door**

*Door Prizes!!*

EXCELLENCE  
IN AGING CARE  
**SYMPOSIUM**



**SEPTEMBER 24-26, 2014**  
**EVENT LOCATION:**  
Journey Wesleyan Church,  
131 Duncan Lane, Fredericton, NB

*Produced by York Foundation and York Care Centre*



[www.yorkfoundation.ca](http://www.yorkfoundation.ca)

**Symposium 2014 Highlights:**

**“Modern Safeguards Ensuring Safe Administration of Meds: STOPP; STARTT”**  
*Prof. Ingrid Skekris*  
*College of Pharmacy, Dalhousie University*



**“Hogewey, The Dementia Village: A pioneering care facility for people with dementia in The Netherlands.”**  
*Eloy van Hal*  
*Facility Manager, Hogewey, the Netherlands*

**“Honey: Revolutionary Medicine for Mind and Body - Separating Fact from Fiction.”**  
*Ron Fessenden, MD, MPH*  
*Researcher, author*



**“Healthy Aging, a natural approach to experiencing optimal health as we age”**  
*Dr. Don Warren*  
*Doctor of Naturopathic Medicine,*  
*Ottawa, ON*

**“Aging in Place: Issues in Caring for Elders at Home – the Quebec Experience”**  
*Catherine Geoffroy*  
*Executive Director,*  
*Quebec Gerontological Association*



**ONE OF THREE FRENCH PRESENTATIONS**

**And much, much more...**

A special senior rate is being offered to members of the Third Age Centre. Be sure to mention that you would like the senior rate when you register. You can register online at <http://www.yorkcarecentre.ca/3-symposium/> or contact the TAC office at [3rdage@stu.ca](mailto:3rdage@stu.ca) or 506-452-0526 and we will send you a registration form.



**Looking forward:** Members of the outgoing and incoming Board of Directors spent a day July identifying the many strengths of TAC and discussing opportunities to build from those in the future. Left to right: Bob Fisher, Ada Rogers, Betty Ponder, Eleanor McCloskey, Marie Sutcliffe, Marilyn Boone, Michele Madore, Gail Maloney, Barb Scott (staff), Anne Ouellette and Bill Randall.

## Your Board of Directors for 2014-2015

Taylor Baglole (STU student representative)  
Linda Caissie  
Elizabeth (Betty) Greenfield  
Bob Fisher (Treasurer)  
Gail Maloney

Michele Madore (President)  
Eleanor McCloskey (Vice-President)  
Anne Ouellette  
Betty Ponder  
Bill Randall (Secretary)

### Introducing the New Members of the Board

*A very brief description of individuals who contribute much to the community....*

**Elizabeth (Betty) Greenfield** is a former teacher and the owner of Guardian Ross Drug. She is also an artist and avid bridge player.

**Gail Maloney** is in her third year of retirement from pastoral care to the sick and dying for the previous 16 years. Over the years she

has taken courses/certificate programs in various aspects of spirituality and lay ministry. She is enjoying time with her family.

**Anne Ouellette** is retired social worker whose career spanned oncology, palliative care, and pediatrics. She is active on the Board of Hospice Fredericton and leads grief groups twice a year. As well, she is working with Family Enrichment and Counselling Service, specializing in grief counselling.

## The Alzheimer Journey—First Steps

The Alzheimer Society of New Brunswick will be presenting **“The Alzheimer Journey – First Steps”** in Fredericton, NB starting in **October and March**.

“The Alzheimer Journey – First Steps” is recommended for those recently diagnosed, their family members, and friends. This **free** program will run for five consecutive weeks covering the following topics:

- What is Dementia?
- Communication and Coping Strategies
- Navigating the System
- Legal Matters
- Resources and Support

Limited seats available

To register and find out more, please contact 506-459-4280 or [fredericton@alzheimernb.ca](mailto:fredericton@alzheimernb.ca)

*Established in 1991, the Third Age Centre is a Registered Charity housed at St. Thomas University in Fredericton, New Brunswick. Directed by a volunteer Board, it operates on the principle of seniors helping seniors.*

*The Centre’s Goal is to support seniors’ efforts to maintain an active healthy lifestyle, develop themselves, and serve their communities. TAC promotes life-long learning, informed public discussion, and inter-generational exchange between seniors and younger people.*

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

## You Can Make a Difference

Would you like to connect with others who have Arthritis, learn more about Arthritis and pain management, and experience a great sense of achievement through helping others? If so, become a community leader with The Arthritis Society and make a difference in your community. We’re seeking senior volunteers to instruct pre-made presentations to members of their communities. Free training and materials will be provided. A minimum four hour time commitment will be required; including two hours for training and two one-hour presentations.

Presentations include: Exercising Control Over Arthritis, Introduction to Arthritis, Understanding Arthritis, Gardening with Arthritis, Tips and Tricks, and Chronic Pain Management Workshop.

For more information, contact The Arthritis Society – NB Division at 506-452-7191, toll-free 1-800-321-1433, or email [info@nb.arthritis.ca](mailto:info@nb.arthritis.ca)

The Alzheimer Society is seeking volunteer canvassers to help with its Door to Door campaign during the month of October. This campaign allows for people in the community to collect and donate funds and increase awareness of the ever-growing need of the programs and services offered to those impacted by Alzheimer’s disease and related dementias.

All proceeds raised in your community enable the Alzheimer Society so expand those programs across the region, so your efforts will have a direct and lasting impact.

For more information contact:  
Melanie Saulnier,  
Tel: (506)459-4280/ 1-800-664-8411

[Fredericton@alzheimernb.ca](mailto:Fredericton@alzheimernb.ca)