

President's Message

This is my first message as President of the "3rd Age Centre".

My name is Donna Evans, Owner of "On The Pond Lodge" in Mactaquac. I am very new to the 3rd Age Centre. I became a member for the first time last October and joined the Board of Directors in February 2015. My passion has been "Health and Wellness" on all levels.

I have been a member of "International Council of Active Aging" (ICAA) for several years. Founded in USA by a group of several retired doctors, it has now expanded to Australia and Canada.

The philosophy—Older people can change the way we age by staying active to the fullest extent possible within all areas of life: physical, spiritual, emotional, intellectual, professional, social and environmental. Aging within these dimensions of wellness keeps us involved, alert and enjoying a productive life—in short, "engaged in life". ICAA holds conferences each year, which I have attended and enjoyed a fantastic learning experience.

All of this excites me and I look forward to working with our membership and the Board of Directors to provide the information, access and motivation people need to become and stay active through all levels of functional ability.

We are now the largest portion of the

population, locally as well as globally. That should count for being on the cutting edge of creating an age-friendly society. Shortly, the first of the Boomers will enter their 70s. Those aged 65 yrs. today have a 50% chance of reaching 92 and a 25% chance of reaching 97 and a 10% chance of reaching 100, according to Merrill Lynch. Huge changes for society!

3rd Age has formed a working committee of five Board Members and a representative from St. Thomas to update the Centre formed in 1991 to meet the needs of today.

In future newsletters we will invite our Board members to present themselves and their interests as pertains to the 3rd Age Centre so that our members may better know their representatives. Please submit your ideas at any time.

Michelle Madore, our Past-President of last year, will be had to follow as she did such a magnificent job. She is now our Treasurer and has assured me I can call on her whenever I need assistance. Also I want to say thank you to our Vice-President, Eleanor McCloskey, who has helped me through the intern process.

I look forward to working with the 3rd Age Centre as it moves forward.

Donna Evans, President

AGM 2015

The Annual General Meeting of the Third Age Centre Board took place on Wednesday, June 17 at York Street Station. Margaret Langille, nutritionist from So-beys, was our guest presenter.

After the business meeting, Margaret shared a wealth of hints for cooking for one or two persons, and for getting our veggies in without buying a lot of stuff and wasting. (Did you know 3 broccoli florets equal ONE serving?) It was entertaining and much appreciated; and we all got to taste samples!

First we were introduced to a black bean salad with chopped peppers, onions, cherry tomatoes, feta cheese and lime zest and juice. Cool, colorful and delicious!



Our friends from the Atlantic Institute on Aging (AIA) joined us for AGM. The AIA joined the St. Thomas Community earlier in 2015 and now shares space with TAC at G14, Holy Cross House. From right: Barb Burnett, Executive-Director; Adam Thornton, Marketing and Communications; Linda Matthews, summer student.

Then we had healthy coleslaw, with chopped apples, green onion, walnuts, honey, grapes, lemon zest and juice— put together with sour cream or yogurt. I made this with my favorite yogurt – coconut flavored!). A small bag of chopped cabbage goes a long way but the recipe will keep for a couple of days. For dessert, Margaret offered a lime mousse: chocolate cookie crumbs, topped with a mixture of lime yogurt and whipped topping and a square of dark chocolate.

A few lucky people won prizes and the new Executive of Third Age Centre embarks on a new year on an upbeat note! Thanks to all who helped with this event.

Eleanor McCloskey, Vice-President TAC

We are pleased to introduce the Directors for this year:

Jane Asher

Linda Caissie

Donna Evans (President)

Betty Greenfield

Vicky Knight

Michele Madore (Treasurer)

Marianne Mallia

Linda Matthews (STU Student Representative)

Eleanor McCloskey (Vice-President)

Anne Ouellette

Bill Randall, Jr. (Secretary)

Family-Focused Care- Mind, Body and Spirit Conference

Family-Focused Care- Mind, Body and Spirit Conference by Catholic Health Association of NB will take place Sept 17-18 at the Rodd River Inn, Miramichi, New Brunswick.

Speakers: Margaret Melanson-Family Centered Care in

In NB

Michelangelo St-Hilaire-Catholic Health Corporation of Manitoba

Dawn MacDonald The Compassion Project

Contact: ebowes@chpchi.com

Excellence in Aging Care Symposium Sept. 23-25, 2015

This annual event brings well over 300 people together from across the Atlantic provinces and as far away as Norway! Third Age Centre (TAC) members are invited to attend sessions.

Of the many interesting talks offered, following are a few that may be of particular interest. On Friday morning, Dr. Bill Thomas will give an address, **Changing Aging: Exploring Life Beyond Adulthood** that promises to “make you think, laugh, think again, and reflect.” Dr. Thomas has built a reputation as one of the most eclectic and creative thinkers working in the field of medicine.

Thursday evening is devoted to **Non-Conventional Thinking in Aging Care: Music and Exercise**, featuring a full length film dealing with the relationship of

music, memory, cognition, and quality of living. There will also be a presentation on using exercise in lieu of medications in dealing with depression and other ailments.

Late Wednesday afternoon, following an introduction to naturopathic medicine, staff from Kings Way Life Time Alliance, located in Quispamsis, will present research showing that kids and elders do much better on many levels when they come together.

Organizers are generously offering a special rate to members. The cost of attending a half-day session for you will be \$50 only. The full program and registration form can be downloaded from the conference website: <http://www.yorkcarecentre.ca/3-symposium/> or you may email our office at 3rdage@stu.ca

Presentation of George Wakeling and Logue Memorial Awards

Be sure to reserve Wednesday, Oct. 21st. The Third Age Centre will be presenting our prestigious George Wakeling and Logue Memorial Awards for outstanding service and commitment by an individual and an organization or group to bettering the lives of older citizens.

The awards will be announced in conjunction with a public presentation by the Atlantic Institute on Aging

at Willie O'Ree Place between 2 and 4:00 pm.

We will be sending along more details as planning is finalized for this event.

If you would like to nominate someone, please contact the office at 452-0526 or email 3rdage@stu.ca for information on the criteria. Deadline for nominations is 4:00 pm, Wednesday, Sept. 30th.

Red Cross Seeks Volunteers for Telephone Reassurance Program

Are you lonely? Do you enjoy talking on the telephone? Or do you know someone who does? The Canadian Red Cross is currently searching for participants who would like to join our Telephone Reassurance Program.

We match compassionate volunteers with socially or geographically isolated adults in New Brunswick. Volunteers phone clients to check in and provide social

interaction on a regular basis, providing peace of mind for clients, family and caregivers. The Canadian Red Cross in partnership with the Province of New Brunswick offers this service free of charge.

For more information call Tara @ 458-8445 Ext 1

It's Time To Renew Your Membership . . .

... and be part of an organization that aims to promote your issues and enhance your quality of life. Listen to informative speakers on issues of interest to seniors, ask questions, present your views—all at a nominal cost.

The membership year begins **September 1st** each year. We welcome you back!

Please complete and send the following with your dues. Thank-you!

Name

Address

.....

Postal Code **Phone**.....

E-mail

- I enclose **\$15** for renewal of an **individual**.
- We enclose **\$20** for a **Couples** membership renewal.
- We enclose **\$30** to renew membership for our **organization**.
- I have added a donation of \$ towards the Centre's expenses (income tax receipt will be sent).
Registered Charity Reg. #897920385RR0001
- I would like to receive emails from TAC.

Please return to: **Third Age Centre**
 St. Thomas University
 Fredericton, NB E3B 5G3

(A small change in fees has been implemented to support TAC in presenting quality programming to members. Thank-you for your understanding and support.)

More From the AGM....

A large overhead screen allowed members to watch Margaret as she prepared dishes for tasting and follow along with the recipes.



TAC Executive members smiled for the camera.



A few of our lucky raffle winners...



Thank-you to Marie Sutcliffe for providing photos of the 2015 AGM!

What's wrong with how we think about aging in New Brunswick?

Today we have a life expectancy that people living in earlier eras could not have dreamed of as a possibility. How is it that we consider one of the greatest achievements of society a disaster?

Sociologist Deborah van den Hoonaard will address this question in a thought provoking public presentation **Wednesday, Nov. 18 at the STU Conference**

Centre on Forest Hill Road at 2:00 pm.

This talk argues that ageism, based on the premise that all old people are the same, pervades early 21st-century thinking. It suggests that policy discussions about the how to plan for an aging population reflect stereotypes about aging and outdated ideas about what it means to be old.

Seniors Dine-Out Luncheon Program Restarts

Fredericton Wheels to Meals Seniors Dine-Out Luncheon Program reopens its doors September 15th., providing an opportunity to socialize, dine, enjoy great entertainment, make new friends and reconnect with old ones.

Homemade biscuits and meals are prepared on site. Volunteer entertainers will have you singing along.

Groups, choirs, pianist, fiddlers and dancers are lined up and ready to perform. You can register for the season or the day. Registration deadline is 10:00 am on Mondays. Doors open at 11am on Tuesdays.

Cost is \$7.50 per plate. Gift certificates are available. For more information or to register call Pam at 458-9482.

The Alzheimer Journey—First Steps

The Alzheimer Society of New Brunswick will be presenting **“The Alzheimer Journey – First Steps”** in Fredericton 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

- Legal Matters
- Resources and Support
- Navigating the System

**Location: Dr. Everett Chalmers Hospital
Conference Room 1-AB**

For more information contact:

506-459-4280 or fredericton@alzheimermb.ca

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