

## President's Message

This year the leading edge of Boomers born in 1946 turns 70. Generation X joins three other generations, age 50 plus. The age of "Healthy Aging" has arrived.

Follow the money to see the change. Major investors have invested in companies that promise longer, healthier lives. Society's appetite to age well has resulted in "Healthy Aging Products" - supplements, vitamins, juices and foods. These industries currently surpass prescription drugs in sales.

The Age of Healthy Aging is driven by research that shows us how to embrace our potential, reshaping not only our life course, but also virtually every aspect of our lives. This trend is growing and reshaping the world where an aging population represents an opportunity instead of just a challenge.

Exercise in older people is associated with a slower rate of decline in thinking skills with aging, according to a recently published study. People who did light to no exercise experienced a decline equal to 10 additional years of aging, compared with people who reported moderate-to-intense exercise.

World Happiness Report 2016 released in Rome on March 16th ranks 156 countries by their happiness levels. The 10 happiest countries include

- Denmark
- Switzerland
- Iceland
- Norway

- Finland
- Canada
- The Netherlands
- New Zealand
- Australia
- Sweden

The US ranked 13th. Something to be said for winters when the top six Happiest Countries are in the Snow Belt.

We have much to do at Third Age to bring us to where we need to be in this new era.

**Your ideas and points of view are most welcome.**

*~Donna Evans  
President, TAC*

## Meet the TAC Board of Directors 2016-2017

- Donna Evans (President)
- Eleanor McCloskey (Vice President)
- Michele Madore (Past President)
- Marianne Mallia (Treasurer)
- Bill Randall (STU Faculty Representative & Secretary)
- Jane Asher
- Michele Bedard
- Betty Greenfield
- Vicky Knight
- Penny Pacey
- STU Student Rep (to be named)

***"Changing the Conversation on Aging"***

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## From Eleanor's Notebook....Exercise, Movie Fun, and Celebration

On April 25<sup>th</sup> our workshop was held at Willie O'Ree Place and addressed the timely topic of **Exercise for the Older Adult: The Why's, How's and How-Not-To's**. Alina Cress, Program Coordinator of Recreation Services at UNB, was our presenter. She was an excellent teacher as she explained the basics for an effective and safe workout for older adults.

Her presentation included research-based content and practical demonstrations as she spoke about strength, endurance, power and balance. Alina has many skills and qualifications, among them being a certified personal trainer, a Yoga teacher and an indoor cycling instructor. The participants thoroughly enjoyed sharing in Alina's expertise.

### Copperhead



On May 26, at 11:30 am, we offered a movie matinee fundraiser, a screening of *Copperhead*, the civil war movie made at Kings Landing three years ago. Those who came enjoyed the film and the additional anecdotal information enthusiastically shared by Len Leger, who had an acting part in the film. A special prize, a piece of luggage, was won by Barbara Gill. The event was presented by Scotia Wealth Management. Also sponsoring the event were

Scotia McLeod, ScotiaBank and Fidelity Investments.

### 2016 TAC AGM

The AGM for 2016 took place at York Street Station, June 8, 2-4 pm. We were pleased to have several of the members of the committee that worked to form the Third Age Centre in 1991 with us as well as many former Presidents and early Executive members to celebrate TAC's 25<sup>th</sup> annual meeting. Eileen Malone and Sheila Laidlaw spoke representing the founders. We



*Veronica Miller and Cecile LeBlanc: Ready to enjoy Copperhead  
(Photos courtesy of Marie Sutcliffe)*

were also pleased to be updated on the work of the specially appointed Council on Aging by co-chair Ken McGeorge. MLA David Coon spoke of initiatives related to seniors, in particular to Evelyn Grove Manor. Margaret Langille, nutritionist from local Sobeys stores, shared ideas to help us enlarge our idea of breakfast, since it is common knowledge that a healthy breakfast is our best start to a good day. Margaret's suggestions were prepared on the spot and we had samples, as usual. Evaluation pages indicate that everyone there enjoyed the event.

*~Eleanor McCloskey,  
Vice-President TAC*

### Pathways to Stillness Reflect, Release, Renew by Gary Irwin-Kenyon

Following his presentation, Pathways to Stillness, to TAC in February, Professor Kenyon has published a book about stillness: What it is. How you can find it. Where it hides itself. Why it is necessary to your life. It is a beginner's guide, because with stillness, no experience is necessary. For more information, please visit <http://www.friesenpress.com/bookstore/title/119734000026930481/Gary-Irwin-Kenyon-Pathways-to-Stillness>. Pathways to Stillness is available through Friesen Press and Amazon.

## Mark Your Calendars

### Excellence in Aging Care Symposium “Holistic Perspectives: The Future of Aging Care”

September 21-23, 2016

Journey Wesleyan Church, 131 Duncan Lane  
Fredericton

This year’s program starts with a full morning workshop that will challenge your perception of elderhood and start a new conversation on aging. The Symposium ends with a presentation and panel discussion on the role of social media in the workplace and the privacy issues surrounding it. Presentations focus on the mental, physical and emotional aspects of care. One session, Elder Mediation, focuses on helping families work together in the best interests of the family member.

This link will take you to the program and registration forms: <http://www.yorkcarecentre.ca/3-symposium/>

### Aging, the Adventure: An Interactive Afternoon on the Positive Potential of the Second Half of Life

October 1, (International Day of Older Persons)

Saturday, 2-4 pm

STU Conference Centre, 368 Forest Hill Road,  
Fredericton

Join us for a lively discussion for the value of:

(a) Exploring and Celebrating the Stories of Your Life (led by STU Gerontology Professor Bill Randall) and  
(b) Cultivating and Maintaining Humour, Play, and Creativity (led by former STU Education Professor Sister Eleanor McCloskey).

Cost: \$5.00 for members and \$10.00 for non- members which includes a refreshment break. Please register with the TAC office at [3rdage@stu.ca](mailto:3rdage@stu.ca) or 452-0526.

### Catholic Health Association Annual Conference 2016 Dignity and Respect: Palliative Care

Sept. 15 and 16

Rodd Miramichi, NB

### Counting Sheep?

October 13, 2016

Thursday 1-3 pm

Willie O’Ree Place, 605 Cliffe Street

Fredericton

**Presenter: Tracey Aylward, Registered Polysomnographic Technologist and Registered Respiratory Therapist**

Watching Netflix at 3 in the morning? Playing bridge with strangers around the globe at 4 am? Yearning for a good night’s sleep? Join us for this presentation by Tracey Aylward, technologist with the Atlantic Sleep Centre in Saint John. Tracey will give us overview of sleep and sleep staging, common sleep disorders as well as tips and tricks for getting a better night’s sleep. Please note the earlier time for this event.

### Introducing TAC’s New Treasurer

My name is Marianne Mallia and I am pleased to be serving on the Third Age Centre Board. I come from a multi-cultural background and live in Fredericton, New Brunswick. I bring with me skills from business, education, health and wellness. I have been fortunate enough to be on various boards in Canada and abroad, at both the both federal and provincial level. I also serve on the board of for-profit and non-profit organisations focusing on strategic planning, health and wellness, and education.



I have a working experience in mental health as a psychologist using a holistic approach in healthcare, in carrying out community research, in education, in business, in health and wellness. I love travelling, visiting new countries and meeting people.

I look forward to serving as your Treasurer this coming year.