



NEWSLETTER

V. 19(1) September 2010

President's Letter

Another fall is approaching and at the Third Age Centre we are looking forward to another season of interesting talks and discussions for the benefit of our membership. While final arrangements are still pending for some sessions I can assure you that you will find plenty to interest you in the coming months.

As the summer draws to a close we must prepare ourselves for the significant event at the end of September, the Provincial Election. This year we will have five political parties seeking our support, making life more confusing than ever. If history repeats itself, all of the political parties will be paying special attention to seniors in their policy platforms, as it is well known that we are far more likely to cast our votes than the younger generations. We should be cautious in our decision though, and look beyond the kind of glib surface offerings that will be made; should we be looking for things that benefit us or things in the best interest of the Province in the long term? The present level of debt that the Province has incurred is quite large enough already, without adding any more to it. If parties suggest new programs, where will the money come from to pay for them? I think that as far as possible we should support programs that will help younger people in the long term before being too anxious to gain new things for ourselves. As my grandchildren play electronic games in the next room I do not envy them the debts we have incurred on their behalf. Whether you think I am philosophically right or wrong, one thing is certain, you must get out and vote.

This summer my wife and I celebrated our fiftieth wedding anniversary, a nice riposte to my wife's late uncle's speech at our wedding, when

he said we were far too young to marry and it could not last. My brother came over from England to join in the celebration which was split between Fredericton and Ottawa. I drove with him up to Ottawa, making a leisurely journey so that he could enjoy the drive, the scenery, and the people. A trip like that reminds me how lucky we are to live in such a beautiful place, with so many friendly people. A complete stranger spent the evening with us in the rain, in the woods so that my brother could see a particular flower. Two others took him for a long drive on a Saturday morning just so that he could see some other ones. This kind of thing really impresses visitors. This is a nice place to be

Tim Andrew

Resources for People with Print Disabilities- New Brunswick Public Library Service

The Fredericton Public Library has taken steps to improve access to information for individuals with print disabilities. They have added to their alternative format collections including audiobooks, books on CD, print/Braille books, and large print materials.

They have also installed a computer workstation in the library that is equipped with an adjustable desk, tracking ball mouse, large print keyboard, and screen magnifier. It also offers software that can read text aloud and enlarge and highlight text.

Staff are eager to assist individuals with a print disability so ask about these services on your next visit to the library or call 460-2800 to learn more.

AGM NEWS

Your Board of Directors for 2010 - 2011

Tim Andrew - President
Connie Bothwell
Linda Caissie
Bob Fisher - Treasurer
Keith Johnston - STU Student Representative
Denise McClure

Alice McGinty
Bill Randall, Jr. - STU Faculty Representative
Ada Rogers
Janet Stoppard - Vice President
Cheyanne Wyers
Donna Young - Past President

Meet The New Board Members

Keith Johnston - I am a St Thomas University student from Hoyt, N.B. starting my final year as a History major. After studying Gerontology for the past two years, and receiving a minor in the subject, I have developed a keen interest in several issues affecting seniors. Issues of particular interest to me are elder abuse by one's family, insufficient pensions in late life, and seniors attending post-secondary education. I am excited to be joining the Third Age Centre Board because this will allow me to be a part of the solution to some of the concerns of seniors in the Fredericton area.

Alice McGinty - I grew up in the St. Stephen area. I attended NB Teachers' college and earned a BA from UNB and a BEd from Brandon University.

I taught school for 34 years, including every grade level from Grade 1 to 12. Twenty-one of these years were in St. Stephen and the remainder in Thompson, Manitoba. I've also sold real estate and spent two years as the owner operator of a Victorian Inn.

I have two sons, five wonderful grandchildren, and a two year old great grandson. My hobbies include reading and being involved in politics.

Last year I was involved with the Third Age Centre *Seniors to Schools Program* and enjoyed visits to George Street Middle School. The reception from the Grade Six students was very positive. Hopefully this project can be expanded this program year with the help of more volunteers.

THE THIRD AGE CENTRE invites nominations for

~ **The 2010 Logue Memorial Award:** This award is given each year to honour a volunteer/non-profit *organization* in New Brunswick that has made, for a number of years, a notable contribution to the improvement of the lives of older adults in the province.

~ **The 2010 George Wakeling Award:** This award is presented annually to an *individual* with a superior record of service to New Brunswick seniors. The award recipient will have performed outstanding work for seniors over a number of years. This work will exhibit dedication and commitment, as well as innovation and creativity. The lives of N.B. seniors will have been improved by the work of this individual.

Each of these awards will be presented to this year's winner at a breakfast on Friday, October 1st organized by the Third Age Centre to commemorate the United Nation's International Day of Older Persons. **To nominate** an organization or an individual, please forward a letter, outlining their contribution to seniors, to: Third Age Centre, St. Thomas University, Fredericton, NB, E3B 5G3 or e-mail to: 3rdage@stu.ca

Please note: nominations must be received by September 14, 2010

For more information phone 506-452-0526

The Third Age Centre
presents

“Alzheimer’s: The Future”

23 September 2010

2 - 4 pm

Hugh John Flemming Forestry Complex, 1350 Regent St, Fredericton

**“ Rising Tide -
A Landmark Report of the Alzheimer Society”**

Dr. Jack Diamond

Scientific Director of the Alzheimer Society of Canada

and

**“What Will it Take To Make Long Term Care
a Resource We Are Grateful To Have?”**

Pat Morden

CEO of Shalom Village, a Kosher not for profit long term care organization in Hamilton,
Ontario affiliated with McMaster University

Information: (506) 452-0526 or 3rdage@stu.ca

Members \$5 ~ Non-members \$10

Being a health care consumer and advocate requires us to be informed of the issues and challenges presented by an aging demographic. This presentation will provide an opportunity to interact with two “leading edge” professionals who care about excellence in aging.

Pat Morden has provided leadership to the development of Shalom Village, a long term care organization in Hamilton, Ontario that puts residents first in every aspect of its operation. She will discuss how to make long term care a health care system resource that we are grateful to have.

Dr. Jack Diamond, Scientific Director of the Alzheimer Society of Canada, has provided leadership to the study and understanding of Alzheimer’s disease and the impact of an increasing incidence of this condition on long term care. He will highlight the content of “ Rising Tide ” a landmark report of the Alzheimer Society of Canada and why it should serve as a “ wake-up-call” for all of us.

Rising Tide - Background

Please note: For those of you who would like some background information before attending the September 23rd presentation titled “Alzheimer’s: The Future” try visiting the Alzheimer Society of Canada website www.alzheimer.ca. Both a summary of “Rising Tide: The Impact of Dementia on Canadian Society” and the entire “Rising Tide” report are available to read or to download.



The Arthritis Society

(www.arthritis.ca)

is Canada’s principal health charity empowering the more than four million Canadians with arthritis to live their lives to the fullest through extensive programs and services. Since its founding in 1948, The Society has invested more than \$170 million towards arthritis research to develop better treatments and, ultimately, find a cure.

Having arthritis can change your life. But the more you know about the disease, the better position you will be in to live with it successfully. The Arthritis Society is here to help you get on with your life.

We offer a variety of resources which include lending libraries that house videos and books designed to help people with arthritis manage day to day. We provide the following national programs and services:

Arthritis Registry – www.arthritis.ca.registry

The Arthritis Society can help you understand your disease. By joining the free Arthritis Registry you will receive information you need to manage your arthritis and improve your quality of life.

Website – www.arthritis.ca

Educational materials, informative articles, on-line forums, “ask the expert”, authoritative, expert-reviewed resources and a virtual community of people with arthritis are just a mouse-click away at the official website for The Arthritis Society.

Arthritis Information Line – 1.800.321.1433

Dial The Arthritis Society’s toll-free number to

connect with staff or trained volunteers in your own province or territory. You can request free information about different forms of arthritis or The Society’s programs and services.

Arthritis Self Management Program – (ASMP)

Managing arthritis means more than just visiting your doctor and taking the right medications. The Arthritis Society’s six-week program will help you understand your type of arthritis and its treatments and teach you ways to cope with chronic pain. ASMP also offers a forum to share the personal experiences and the challenges of living with arthritis. **An ASMP class will be held in the Fredericton area in the fall - date TBA. Call the office - 452-7191 for more information.**

On Wednesday, October 13 at 6:30 pm, there will be a free Public Information Forum at Johnson Avenue Seniors Centre, Fredericton. Dr. George Ecker, Rheumatologist, will speak about Inflammatory Arthritis.

Some of our other Programs:

- Workplace Education Programs
- Learning About Arthritis Grade 5 program
- Wellness presentations to community and service groups
- Chronic Pain Management Workshops

The Impact of Arthritis

- Arthritis is among the leading causes of disability in Canada, costing the Canadian economy \$6.4 billion every year in health-care expenses and lost work days. Long-term disability accounts for two-thirds of that.

- More than four million Canadians aged 15 and older (16 per cent of the population) reported they had arthritis in 2007-2008, with three out of five being under 65. This number is estimated to increase to seven million by 2031.

- Arthritis is the second and third most common chronic condition reported by women and men, respectively.

- Arthritis accounted for six per cent of all hospitalizations in Canada in 2005-2006 (132,000 out of 2.2 million).

- Joint replacements more than doubled in Canada from 2001-2005.

*Submitted by Krista Kennedy,
Community Education Coordinator,
The Arthritis Society, NB Division*



Seniors and Driving

Aging drivers do have more automobile accidents than any other age group if you put the number of accidents against the low number of kilometers seniors drive. In other words, we have a high accident rate per kilometer driven.

Joseph Sears, Regional Instructor of the Atlantic Driving Academy brought that message to the Annual Meeting of the Third Age Centre in June. Seniors do have a number of driving strengths. He says we have long years of experience, we are knowledgeable drivers, responsible and adaptable persons and are generally aware of the great privilege the driving of an automobile is to our comfort, convenience and lifestyle. In general he said most present day seniors were not well tested when they got their drivers' licenses. However, because of long years of driving experience, they have usually developed excellent mechanical driving skills. At the same time, many have also failed to keep up with changing traffic patterns, modern highway systems, and changes in local roads and highways. Some will be losing mental and/or physical skills which affect their ability to drive, says Mr. Sears. A combination of prescription and/or over-the-counter drugs plus alcohol can be a deadly combination when driving.

Thus seniors should reexamine their driving ability on a regular basis. The things to check include close calls, traffic violations, and fender benders. If a driver encounters a series of these in one or two years it is probably a clear sign that the car keys should go on the hook. Vision is the key for 90% of the decisions made when at the wheel.

Mr. Sears believes seniors, more than any other group, want to be responsible drivers and can continue to drive if they hone their driving skills regularly and reduce their driving time and distance to match their skills. Frequent vision tests are a high priority; hearing tests may be required. Mr. Sears also indicated that seniors can help themselves greatly if they avoid the distractions that plague many younger drivers: eating, drinking, grooming, phoning, fiddling with

CDs or the radio while driving. He also mentioned the restrictions to licenses that can be applied to keep a senior driving more safely but in a limited manner. These restrictions might include driving only in daylight hours, driving a smaller vehicle, retrofitting your vehicle if you have mobility issues, planning your routes carefully, and avoiding long distance driving and rush hour traffic. While alcohol is not usually a problem with senior drivers abstinence is to be chosen.

Submitted by Donna Young, Past President



New Elder Investment Fraud Resources

The New Brunswick Securities Commission has launched a new program addressing Elder Investment Fraud and Financial Exploitation. The new resources include a "Pocket Guide" and "Financial Concerns Checklist" that help seniors and their care-givers learn how to identify and report financial abuse and exploitation.

Because older victims of financial abuse, including investment fraud, have less time to recover their financial stability, the effects of this abuse may go well beyond the pocket book and can lead to social isolation, depression, anxiety, and other negative health events. Unfortunately, fears of age discrimination and loss of empowerment may keep seniors from speaking up when they are being abused. The Securities Commission has designed these resources to be practical and easy to use in the hopes that they will encourage conversations about financial concerns and help protect New Brunswick seniors.

The pocket guide and checklist are available free of charge and in both official languages. You can download a PDF version from the "Resources" page of the Commission's website www.nbsc-cvmnb.ca or request copies from their toll free number: 1-866-933-2222. You may also obtain copies from the Third Age Centre office by phoning 452-0526 or emailing 3rdage@stu.ca and providing us with your mailing address.

International Day of Older Persons Breakfast

Friday, October 1st, 2010

Christ Church Parish Church Hall, 245 Westmorland St, Fredericton

8:00 am

On Friday, October 1st the Third Age Centre will sponsor it's annual breakfast in recognition of the International Day of Older Persons.

Marg Routledge, cookbook author and specialty chef, will once again cook breakfast for us.

Later we will honour the recipients of the 2010 George Wakeling Award and the 2010 Logue Memorial Award.

Come at 8:00 am for music, coffee/tea and conversation.

A FULL HOT BREAKFAST WILL BE SERVED AT 8:30



Please phone us in advance at 452-0526 or email 3rdage@stu.ca if you plan to attend.

The (new, lower) admission price is \$5 for members, and \$7 for non-members.



A New Course Offering at STU

Historical Perspectives on Aging

Sept - Dec 2010, Tuesday 7:00 - 9:40pm

Instructor: Andrew Achenbaum, PhD

- Visiting Chair in Gerontology

Looking through the lens of history, this course will explore continuities and changes in the meanings and experience of what it means to grow older and to become old. Certain portraits hold true over time. Some "truths" about aging become "stereotypes". Still other notions arise that reflect and result from demographic, familial, economic, political, social, and cultural transformations in specific times and places. A serious reflection on the historical record helps us situate our own journey of life in a milieu itself undergoing subtle and profound shifts.

A distinguished scholar and author in the area of the *humanities* and aging, Dr. Achenbaum is Professor of History and Social Work in the Graduate College of Social Work, University of Houston.

Note: STU applicants who have reached the age of sixty years are eligible to apply for a rebate of 50% of normal tuition fees. Details may be obtained from the Registrar's office at 452-0530. Ask about the bursary program for seniors as well.



Fifty Plus Tai Chi: Fall 2010 Sessions

People all over the world practice Tai Chi for better Balance, Circulation and Flexibility

~ Try it for yourself!

Fredericton Southside - Free intro week

Tuesday & Thursday, Sept 7 + 9,
11am till 12 noon Wu's Tai Chi Chuan Academy,
328 King St- above Victory Meats (3 month session)

Fredericton Northside - 6 week session starts

Monday, September 13th
Classes will be Mon & Wed 9:30-10:30 at
Johnston Ave Seniors Centre.
Try the 1st class with no obligation.

➔ Call Instructor Mary Kennedy for details (or to register) **450-8889**

www.wustyle.com/fredericton

Modified Fifty Plus and **Seated** classes available at Stepping Stone Centre, 450-7849.