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NEWSLETTER

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President's Letter

So another calendar year is drawing to its close, and at the Third Age Centre we are busy planning for the future. Elsewhere in this newsletter you will find an article by Donna Young describing where we are in developing speakers for our New Horizons Grant program. We hope that this will give us an exciting year in 2011, but we will not forget our focus, which is what you want to hear about. The Fall term at St. Thomas gives all of us a great opportunity to listen to important presentations, not necessarily focussed on our particular interests, but giving us an insight on what the younger generation finds to be of interest. We are fortunate to be associated with an institution that gives us this chance.

So far this fall we have had a presentation on Alzheimers from Jack Diamond the Scientific Director of the Alzheimer Society of Canada, and Pat Morden the CEO of Shalom Village; our annual breakfast to celebrate the International Day of Older Persons; Deborah van den Hoonard on widows and widowers, and Andrew Achenbaum on Aging Through The Ages. A good start to the season, and good attendance from members and non-members alike. Once again it looks as if Alice McGinty's "Seniors To Schools" program is going to flourish.

The choice of the best location for our talks is still a challenge. So far this year we have been at

the STU Conference Centre on Forest Hill, convenient for parking, but not very good acoustics. The Irving Theatre at the Forestry Complex, parking and acoustics OK, but a very steep auditorium, a challenge for some, and earlier this year a very nice facility in the McCain building at STU, which is impossible for parking during term in day time. Your suggestions are welcome.

I recently attended a round table in Halifax on the subject of Labour Force Participation Of Seniors or Near Seniors (whatever they are?). It was organised by the National Seniors Council, who are conducting a series of round tables across the country to prepare a report for their Ministers. The main concern seems to be that with the growing proportion of retired people there will be large numbers of vacancies in skilled occupations, particularly in the health fields. While early retirement has been a great opportunity for many people, it has exacerbated the problem for the economy as a whole.

I hope you have all survived the vicissitudes of 2010 and that you will have an enjoyable holiday season to prepare yourselves for the challenges that probably lie ahead for us in 2011.

Tim Andrew

Striving On Their Own: Men's and Women's Experiences of Widowhood

was a comprehensive and enlightening Third Age Centre presentation. Dr. Deborah van den Hoonaard, Professor and Canada Research Chair in Qualitative Analysis at St. Thomas University, brought a clear message. She indicated that it is the aloneness and in many cases the loneliness that is the most difficult aspect of being widowed. Once the realization has settled into the bones and brain of the person who has hours, days, or weeks ago, lost their lifetime mate, they become aware that they are embarking on a journey for which they are not well prepared.

Dr. van den Hoonaard is the author of two books on the topic. The first, *The Widowed Self: The Older Woman's Journey Through Widowhood*, was researched in cooperation with the Third Age Centre. The second, *By Himself: The Older Man's Experience of Widowhood*, was researched and written as a companion book in 2010. She says the experiences of men and women are remarkably different. First of all it is expectable that women will be widowed later in their lives and they understand what that means. In most cases they have little interest in remarriage though they would find it desirable to have a companion. Many say they do not want to risk having a bad or difficult relationship and some indicated they do not want to take care of another man. They understand that there is a selfishness attached to living alone, yet they prefer it to the alternatives and are not afraid to live alone. On the other hand, men say it is not expectable that they will be widowed and statistics indicate that even at age 85, 40% of men are still married. Men do not like to be called "widowers" and seem to prefer the term "bachelor". Yet, late-in-life remarriages are not necessarily successful, particularly if a widowed person marries hastily after the death of a spouse. Dr. van den Hoonaard found that in cases of remarriage it is often to someone the person has known in the distant past or who is an acquaintance of long standing.

Widowed men fear being pursued by women who are sometimes referred to as 'casserole ladies'. They appear to expect women to act the

same as did the women they courted when they were teens. Mature women are different than teen-aged girls. Men also tend to blame their former wives for shortcomings they find in their children, she said. Women say they find they must renegotiate relationships with their children to prevent them from being overprotective or from interfering with their lifestyle. Yet, women did not wish to discuss their financial situations saying they are able to "make do". Widowed women seem to be much more resilient than men, she said. Widowed men have a much more difficult time just getting and keeping their life in order - doing simple, daily, household tasks and coping with coming home to any empty house. They hate living alone. In fact some say they just can not live alone.

In summary, Dr. van den Hoonaard observed that women grieve and get on with life and men replace their wives with some other kind of relationship. She did say, she admires the resilience of the widows and widowers and found most of the ones she interviewed were so strong "they left her in awe".

Submitted by Donna Young, Past President



Osprey

OSPREY NEST: Twelve Year Adventure; Twelve Summers of Watching is a chapbook that describes the daily life in an Osprey nest on the Lincoln Road section of the Fredericton trail system. Donna Young, a member of The Third Age Centre, has written the story based on observations by herself and her husband. Rarely does someone observe and record the daily interactions between a pair of nesting birds and with their nestlings as Donna has done. The text is supplemented with many brilliant, action photos taken by Mike Lewis and Brigitte Noel. Available from the author for \$10.00 or from Westminster Books for \$9.95 plus tax. Donna's email is: youngdd@rogers.com

Alzheimer's: The Future

Our guest speakers on September 23, 2010 were Dr. Jack Diamond, Scientific Director of the Alzheimer Society of Canada and Pat Morden, CEO of Shalom Village, a not for profit long term care organization in Hamilton, Ontario.

Dr. Diamond was concluding a fifteen day speaking tour of New Brunswick that was designed to heighten awareness of Alzheimer's disease and to underscore the need for increased funding to research the personal, economic and health care implications of the rising tide of dementia in all its forms. Stress being a factor that can contribute to the onset of dementia, Dr Diamond warned that caregivers will potentially be the next largest cohort of individuals who are diagnosed with Alzheimer's disease. In general, physical exercise, cognitive exercise, healthy eating, healthy mental attitude, socialization and early detection are all factors that can contribute to delaying the onset of dementia. An excellent series on dementia, which ran concurrently with Dr. Diamond's tour of New Brunswick, was featured in *The Globe and Mail* (September 17th-24th, 2010) and can be found at www.theglobeandmail/life/health/dementia

The topic of Pat Morden's presentation was "What Will It Take To Make Long Term Care A Resource We Are Grateful To Have?". Of particular interest were her comments on risk. Residents of a long term care facility should be safe but not denied the normal risks of everyday life. She elaborated on the restrictive nature of many institutional rules and policies that can quickly multiply to replace "common sense". Well trained and well coached staff are essential to creating a team that can optimize the delivery of individualized care in a residential setting

and influence the creation of a community that cares. Again, please refer to www.ShalomVillage.on.ca for an inventory of the programs, staffing, current events, resident comments and things that work.

*Submitted by Connie Bothwell
TAC Board Member and event Chair*

Merit Awards Presented

On December 14, 1990 the United Nations General Assembly voted to establish October 1 as the International Day of Older Persons, and each year on October 1 the Third Age Centre has sponsored a breakfast to celebrate the day.

One of the highlights of the breakfast is always the presentation of TAC's annual merit awards. These awards recognize outstanding work performed for New Brunswick seniors over a number of years. Through their dedication and commitment to service, these individuals and organizations greatly improve the lives of older adults in the province. The recipient of the 2010 George Wakeling Award, given to an individual, is Gertrude Ferris, a tireless and generous volunteer in the Fredericton community. The recipient of the 2010 Logue Memorial Award, given to an organization, is the Alzheimer Society of New Brunswick which provides educational and support services to people affected by Alzheimer's and related diseases.

An excellent breakfast prepared by Marg Routledge, Donna Young, and several volunteers, along with music and conversation made for a very enjoyable morning for the large group in attendance. Our thanks to everyone who participated!

Bev Andrews, TAC Office Manager

Family Enrichment and Counselling Service Fredericton Inc.

Family Enrichment and Counselling Service Fredericton Inc. is a not-for-profit, community agency governed by a volunteer board of directors, managed by an Executive Director, and staffed by registered professionals. They have been offering quality, affordable services in the greater Fredericton area since 1974!

They offer one-on-one counselling, educational programs, debt management services, family mediation, and support groups to help individuals, families, and communities live healthier lives.

Counselling services can help you address issues of abuse (emotional, financial, physical, sexual), anxiety, depression, grief, relationship conflicts (estrangement from grown children, disputes with friends and relatives), and any other issue that may be troubling you.

Educational programs include workshops and courses on communication skills, parenting for families (including a program for step families), anger management, budgeting, and many more. The cost for these programs is based on the length of the program and subsidies are available.

Debt management services include: counselling individuals, couples and families who are in debt and having difficulty managing living expenses and/or debt repayment. Orderly Payment of Debt agreements can be developed to help you clear credit card debt.

Family Mediation is an effective way to address issues of division of property, spousal support, and other issues particular to an individual or couple's situation outside of the court system. Family Mediation gives you the power to settle these issues in a non-adversarial atmosphere. This service has a set fee of \$100 per hour which is much more reasonable than typical legal fees.

Family Enrichment provides, on behalf of the NB Department of Justice, mediation services to achieve agreements regarding issues of child(ren) custody, access, and support at no charge. To access this service call 1-877-617-1778.

Family Enrichment is currently offering a Grief Support Group. There is no cost to attend.

For more information and to book an appointment you can contact them directly. No referral required. The fee for counselling services is based on a person's income. Many health insurance programs cover counselling as an insurable benefit.

Family Enrichment and Counselling Service Fredericton's contact information:

Tel: (506) 458-8211, 1-888-829-6777, Website: www.familyenrichment.ca

Email: info@familyenrichment.ca

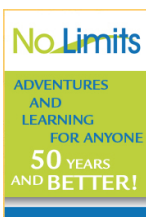
Submitted by Anne Marie Hartford,

Executive Director, Family Enrichment & Counselling Service of Fredericton

Indulge your interests, explore diverse topics, exchange ideas and practice new skills this winter!

Registration is now open for **No Limits** 2011 winter term courses.

Choose from short courses in fine arts, writing your life stories, art appreciation, drama, British comedy, digital photography, genealogy, public policy, ethics, science and religion, pilates, and more.



Call 458-7106 or email nolimits@unb.ca for more information.

See course details and pre-register at www.cel.unb.ca/nolimits

Register by Jan. 23 to receive an early-bird discount.

Aging in Place Involves Not Only Bricks and Mortar But People

Who do you turn to for help with shovelling your driveway? Who do you turn to for advice/suggestions? Are you involved in a community program, group or association? Who do you rely on in an emergency?

Staying involved in your community and having people whom you can rely on plays an important part in seniors aging in their home and their community. Since 2005, the Atlantic Seniors Housing Research Alliance (ASHRA) has been working on the topic of seniors housing. The ASHRA research project was designed to build a detailed picture of the housing needs of the aging Atlantic Canadian population, and to match that profile with options in housing choices, support services, and policies that can meet those needs. In 2007, ASHRA researchers asked over 1700 seniors from Nova Scotia, New Brunswick, Newfoundland and Labrador, and Prince Edward Island about their current housing situation and future plans for housing. Not surprisingly, findings from the survey show that many seniors want to stay in their homes, but doing so is not only about keeping the bills paid and the roof tight; you need people to help you, if not now then perhaps in the future. Some seniors do not have a source of social support and many are not actively engaged in organized seniors' programs through which social support and other types of support may be received. In fact, only 12 per cent of Atlantic seniors attend a seniors' centre or other seniors programs despite almost two-thirds having a centre in their community.

Although the proportion of seniors that take part in seniors' programs is low, the proportion of seniors who contribute to volunteer organizations is quite high. Almost half (44 per cent) participate in activities of community organizations at least once a month and more than one-third (35 per cent) participate in these activities at least once a week. Participating in community activities and volunteering give seniors a chance to be involved in their community by helping others

and often providing valuable services to other seniors. This involvement can help build a network of friends whom you can rely upon, and enhance your emotional and physical health.

Just as your community is important, family is a key component in social support for seniors. Families are the number one source of support for receiving love and affection, giving advice about a crisis and lending a helping hand, and sharing worries and fears. Whether family is near or far this social support is essential to aging in place. Friends and neighbours also play an important role in providing social support, but in less intimate or personal ways, such as having someone to relax with or to have a good time with.

Everyone needs people to share life with; a friend who remembers your birthday or supports you through hard times. Those who do not receive this social support may be more at risk of not being where they want to be. Volunteering through community organizations is one way that many seniors give and receive support. Keeping in touch with family, friends and neighbours and staying involved in your community makes aging in place more possible. By being connected to your community you are building the support network that you may need for such things as transportation, repairs, or a listening ear.

For more information on the Atlantic Seniors Housing Research Alliance (ASHRA): visit www.ashra.ca or contact the project at 902-457-6561.

*Submitted by Amber Lonie
ASHRA Knowledge Translation Working Group
Mount Saint Vincent University*



What's in the works for 2011 ?

The Fredericton Public Library and The Third Age Centre are cooperating partners bringing a series of special presentations to Fredericton. The series is titled "**Interesting People Doing Interesting Things**". The events will cover topics of interest to people who are 50+ or who work with people in that age range. The format will be similar to previous Third Age Centre events with one exception - many presenters will be experts in their field from other locations in Canada. All of this has been made possible by a New Horizons for Seniors grant from the Government of Canada.

Early this year, Leslie Cockburn and members of the New Brunswick Public Libraries Foundation approached the Third Age Centre Board and asked us to participate in a funding application under the Federal Government's New Horizons for Seniors Program. On September 23, a little to our surprise, we received notice that we were the recipients of a grant for our "speaker series". Since that time a committee consisting of Tim Andrew, Ada Rogers and Donna Young of the Third Age Centre Board and Leslie Cockburn, of the Fredericton Public Library, have been meeting to establish topics and find presenters for the chosen topics. There will be at least four events and perhaps up to six in total during the calendar year of 2011. The Committee anticipates a larger attendance of seniors of a wider age range for this series. The New Horizon's grant also enables the Fredericton Public Library to acquire resources related to each topic.

We invite you to stay tuned for an interesting and stimulating journey through a diversity of topics. Four of the working titles on the list are:

- Why People Do Genealogy: Is it Just a Fad or a Sign of Something More?
- Images of Ageing
- Downsizing and Decluttering
- Climate Change Adaptations

*Submitted by Donna Young
TAC Past-President and Committee Chair*

