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## NEWSLETTER

V.19 (3) April 2011

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### The President's Letter

It is now nearly two years since I took over the helm as President of the Third Age Centre, and I am rapidly approaching my expiry date. One of the real advantages in this day and age of being an organization that caters to the older members of the community is that there is no shortage of replacements. The way the demographics of the Province are going, we are not likely to run out of seniors in the near future. In the same way we have a Constitution of the Centre that limits the number of years a member can serve on the Board without taking a break, which ensures a supply of fresh blood at regular intervals. It is the Board as a whole that provides the stimulus to the organization. Our Board member's disparate areas of interest and expertise provide for our variety in program selection, and our connection to other organizations and activities. It also helps that we have the continuity of a very competent office manager, Bev Andrews, who, in my case at least, reminds me what needs to be done.

As a representative of Third Age I have attended a number of sessions organized by governments to obtain the views of seniors on a variety of issues. In November I attended a round table in Halifax organized by the Federal Minister with responsibility for Seniors, and in March one organized in Moncton by the new Provincial Minister with responsibility for seniors. At the Moncton session there were representatives from a number of Provincial organizations, and without question the strongest and unanimous

voice was in seeking a resolution to the so called, (I hate the expression) "bed blocker" problem. Clearly there must be a stronger priority for making it possible for seniors to stay at home longer. As the pioneers in Canada of the extra mural hospital, and with other services available to assist seniors in their homes we should be trying to strengthen and encourage these as an option to occupying hospital beds.

I think we are all aware by now that we cannot expect great increases in Government spending in the short term, and we should also try to ensure that any changes are done wisely, as one of the other organizations said in Moncton - "Any reduction in income tax will result in an offsetting reduction in spending on social programs". We all know where programs for Seniors are funded.

On a more cheerful note, our collaboration with the Libraries Foundation, and our New Horizons grant have ensured a pretty interesting program for this year. Our first two sessions, one from New Horizons and one purely Third Age have drawn a combined audience of over 300. We must be doing something right.

So as I pen (sorry, word process) this, my last President's letter, I am two years older and perhaps a little wiser, and I wish all the best to my successor.

*Tim Andrew*

## Caring For Pain

On Wednesday, February 23, we met for a presentation by Dr. Bill Cook titled "Caring For Pain - the MindBody Medicine Way". The attendance was over 150 and the follow-on interest has been exceptional.

Dr. Cook explained that pain is a complex physical and emotional experience that requires an holistic approach to care. Exploring MindBody Medicine and its invitations to self-care can help us to modify our pain experience and significantly improve how we cope with pain so that we can suffer less.

In the presentation we were introduced to the downward spiral that chronic pain can induce and also ways that the spiral can be reversed. He described some simple techniques to help us ease the stress of pain. We all got a sense of how other techniques can complement the pharmaceutical approach to pain management. He emphasized the need to deal with mental and emotional components of pain as well as the physical. It was quite a helpful and hopeful experience.

The following books are the ones most often recommended by Dr. Cook for pain issues: *(Alphabetically by author)*

- *Relaxation Revolution: Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing* - by Herbert Benson and William Proctor
- *"Managing Pain Before it Manages You"* by Margaret Caudill ( a cognitive behaviour approach)
- *"Spinal Stabilization, The New Science of Back Pain"* by Rick Jemmett (a biomechanical/ physical/movement approach)
- *"Full Catastrophe Living"* by Jon Kabat-Zinn (a stress management approach via mindfulness meditation & movement)
- *"The Mindful Way Through Depression"* by Williams et al. (a mindfulness based cognitive behavior approach that comes with a guided CD for personal practice)
- *"Break Through Pain"* by Shinzen Young (a mindfulness meditation approach – includes a guided practice CD)

Dr. Cook can be approached by referral from your doctor or by contacting his office directly:  
Iris Center, 160 Sunset Dr, Fredericton  
457-4747    iriscenter@nb.aibn.com

*Submitted by Bob Fisher  
TAC Board Member*

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## A Report On Bloody Sunday

Our first New Horizons for Seniors presentation brought out 195 interested Fredericton folk to listen to Hon. William L. Hoyt talk about what happened in Derry, Northern Ireland back in 1972 that became known as "Bloody Sunday". It was a focal tragedy in a long series of skirmishes and battles. The long investigation with its final report, written by the panel of three judges, including Mr. Hoyt, was accepted by British Prime Minister, David Cameron who issued a resounding apology to the Irish people before Parliament in 2010. Mr. Hoyt included video clips of Bloody Sunday and part of Mr. Cameron's remarks in his presentation.

While Bloody Sunday may seem like ancient history to some, it proved to be a precedent setting historical event. Our afternoon "event" including tea, sweets and excited conversation in the sun filled foyer was, by contrast, a happy occasion. The question session which followed was crisp, wide ranging, at times sharp, with Mr. Hoyt fielding each query, sometimes with a touch of humour.

If you did not attend, come along to future events to share in a diversity of happenings made possible by the New Horizons Grant for Seniors during 2011.

*Submitted by Donna Young, TAC Past-President*

# Lighten Up!

**Tuesday, April 5**

**1:30 - 4:00 pm**

Hugh John Flemming Forestry Complex, 1350 Regent St, Fredericton



## **Jackie Vanthournout**

Professional Organizer, Ducks In A Row Corp., Sackville, N.B.  
(organizing, downsizing, estate liquidating, residential content removal)

Part 1 - "Organize Your Home: Six Step Organizing System"

Part 2 - "Downsizing: The Hearse Doesn't Have a Trailer Hitch"



Admission is free - refreshments will be served

- we will have a draw for a door prize during the second half of the presentation

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

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This presentation is part of a series titled "*Interesting People Doing Interesting Things*" brought to you by the Third Age Centre, the Fredericton Public Library, and the New Brunswick Public Libraries Foundation with funding from the Government of Canada's "New Horizons For Seniors Program".





## 8th Annual "Walk for Memories"

The Alzheimer Society of New Brunswick will be hosting its 8<sup>th</sup> annual Walk for Memories on **Sunday, May 29, 2011**. Over 600 walkers across our province will be making every step count with proceeds supporting key programs and services for those New Brunswickers affected by Alzheimer's and related diseases (ADRD).

Each day in New Brunswick there are 7 people who develop ADRD. In less than 30 years this number will more than double to 15 people per day. And this staggering number does not include all those people who must face this disease on a daily basis: care-givers, support workers, friends, and family members.

Now - more then ever - is the time to act.

Register at [www.alzheimernb.ca](http://www.alzheimernb.ca) and start fund-raising for Walk for Memories now! Raise a minimum of \$250 before April 29th to automatically be entered in the Online Early Bird Prize draw for a new Acer Aspire 10.1" Intel Atom N455 Netbook!

This same Alzheimer Society of New Brunswick website also links you to a wealth of information, programs, and support for those affected by Alzheimer's and related diseases. You can also sign up for their New Brunswick e-newsletter "Between Us - Entre Nous". If you're not computer savvy give them a call at one of the numbers below.

*Lori Sabo*

*Regional Coordinator-Fredericton*

*Soci t  Alzheimer Society of New Brunswick*

*Tel: (506) 459-4280*

*1-800-664-8411*

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

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



## Family Enrichment & Counselling Service Fredericton

Lunch & Learn Programs!

\$10 per person

Please register by the Friday before.

Bring your own lunch! Coffee/Tea provided

### - Introduction to Moving on After Separation & Divorce

Friday, April 1; 12:00 – 1:00

### - Smart \$ Choices

Friday, April 8; 12:00 – 1:00

### - Emotional Empowerment

Friday, April 15; 12:00 – 1:00

### - Consumer Awareness

Friday, April 29; 12:00 – 1:00

### - Breaking the Worry Habit

Friday, May 6; 12:00 – 1:00

### - Mad Money Skills

Friday, May 13; 12:00 – 1:00

### - Time Management

Friday, May 20; 12:00 – 1:00

For information and to register: 458-8211

Toll-free at 1-888-829-6777

Email: [info@familyenrichment.ca](mailto:info@familyenrichment.ca)

Sessions take place at 618 Queen Street,  
Fredericton

Lots more info at [www.familyenrichment.ca](http://www.familyenrichment.ca)



A United Way Member Agency

*Submitted by Anne Marie Hartford*

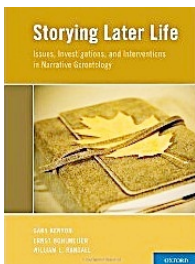
## Fifty Plus Tai Chi:

**Wu Style Tai Chi Chuan:** *Better Balance, Circulation, Flexibility*

- "50 Plus" morning group classes
- "50 Plus" evening classes and/or individual instruction available (open to all ages 13 yrs +)

**NEW:** Sunday morning class available for grandparents and their grand-kids (ages 4-12 yrs)!

➔ call Mary Kennedy at **450-8889** for details or to register.



### Storying Later Life:

**Issues, Investigations, and Interventions in Narrative Gerontology** (Oxford, 2011) is a collection of essays edited by two St. Thomas University professors, Gary Kenyon and Bill Randall, along with their colleague Ernst Bohlmeijer from the University of Twente in The Netherlands.

One of the newest branches of gerontology, narrative gerontology emphasizes the biographical, or inside, dimensions of the experience of aging. "Telling stories about our world, our relationships, and ourselves is fundamental to how we make meaning.

Everything from our history to our religion and our memories to our emotions is linked to the tales we tell ourselves and others, about where we have come from and where we are going. They are central to who we are," said Gary Kenyon. "Understanding this dynamic is key if we seek a more balanced, positive, and optimistic perspective on what aging is about as well as the humanity and uniqueness of the lives of older persons, no matter what their health or economic standing," added Bill Randall.

Narrative gerontology has seen a significant increase in the number of faculty and graduate students engaged in research in the area, and collaboration among researchers, practitioners, and administrators in applying narrative insights to long-term care and health care is increasing.

Gary Kenyon said he feels the book is approachable and will appeal to a wide audience. "First of all, researchers, graduate students and practitioners in gerontology and related fields are a target audience, but I think it's quite a readable book," he said. "I think perhaps someone with a family member who has dementia would get some interesting ideas from this, or someone who's curious about how their own life works from a story perspective."



Gary Kenyon is co-creator of narrative gerontology and the concept of narrative care and is founding chair and professor in the gerontology department at STU. He is also a founding member of the Third Age Centre. Bill Randall is a professor in the gerontology department at STU, where he also serves as director of the Centre for Interdisciplinary Research on Narrative and is a long standing member of the TAC Board.

Storying Later Life is available for purchase from the UNB Campus Bookstore 453-4664.



*A tax time  
chuckle ....*

Canada Revenue Agency proposes new simplified tax form -

	<b>Canada Customs and Revenue Agency</b>	<b>Agence des douanes et du revenu du Canada</b>
<b>1040 EZ 2 DO TAX FORM New Simplified Tax Form</b>		
1. How much money did you make? \$ _____		
2. Send it to us.		
		

You are invited to attend

The Third Age Centre  
**Annual General Meeting**

**Tuesday, May 24<sup>th</sup>, 2011**  
**2 pm**

STU Forest Hill Residence, 368 Forest Hill Rd, Fredericton

Come to discuss plans for the 2011-2012 program year, elect the new Board, and help us celebrate our 20<sup>th</sup> Anniversary with a slice of birthday cake. Tim Andrew and his wife Sheila will provide a light-hearted review of events taking place over the 20 years of TAC's existence.

*We hope we will be greeting,  
At our twentieth annual meeting,  
As many as can be there on the day,  
On this great anniversary,  
In a manner rather cursory,  
We'll reminisce in a light hearted way.*

*To strip away the mystery,  
Of twenty years of history,  
Is a challenge as anyone will say,  
But right now we've a plan,  
To do it if we can,  
At Forest Hill the 24th of May.*



*In addition we will bake,  
A very splendid cake,  
While tea or coffee satisfy your thirst,  
So if the speaker is boring,  
And completely worth ignoring,  
The nourishment will save you from the worst.*

~ Tim Andrew



**Everyone Welcome!**