



NEWSLETTER

V.20 (1) September 2011

President's Letter

This is my first letter as President of the Third Age Centre. I am looking forward to serving as President for the next two years as I know that I will be working with a great Board of Directors who will help to direct the affairs of the Centre.

Since the last newsletter, much has happened. We have had a federal election in which more attention was paid to issues affecting seniors. The CBC devoted an hour of the morning show, "The Current," to each of the political party's platforms related to seniors' issues. Susan Ng of the Canadian Association of Retired Persons also discussed her list of important issues.

On May 6th, I attended an energizing, day-long meeting of the Social Policy Network at the STU Conference Centre. This was an opportunity for researchers, organizations and agencies that serve older adults to come together to discuss common issues and ways to work together to identify solutions. Two of the major issues identified at this meeting were transportation and the problem of seniors remaining in hospital as they wait for nursing home placement. The Social Policy Network group continues to meet and collaborate.

The Third Age Centre had its annual general meeting on May 24th. This event celebrated the 20th anniversary of the creation of the Third Age Centre. TAC's out-going President Tim Andrew and his wife Sheila gave a humorous and informative review of political events that have happened in that 20-year time period. At the

meeting, we said goodbye and thanks to Tim Andrew and Janet Stoppard for their work with the TAC board.

We have continued with our program, "Interesting People Doing Interesting Things", a series of presentations 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". The New Horizons grant has enabled TAC to bring in top notch speakers from further afield than our local area and offer free public sessions on topics of interest to older adults. These events have drawn larger than usual crowds with audience numbers often exceeding 160. In early April, a session called "Lighten Up" with Jackie Vanthournout of Ducks in a Row Corporation attracted a large crowd of people interested in learning the secrets of organizing and downsizing. In May, Terry Punch addressed a large group of people interested in genealogy. More detailed descriptions of these two sessions appear elsewhere in this newsletter. We are all looking forward to a major presentation on how climate change will affect our geographical area on October 13th. Unfortunately, our June session on "Images of Aging" had to be postponed due to the sudden illness of the guest speaker, Dr. Stephen Katz. This presentation will be rescheduled for the fall.

I'm looking forward to seeing you at our fall programs.

Ada Rogers

AGM NEWS

Your Board of Directors for 2011 - 2012

Connie Bothwell - Secretary

Linda Caissie

Bob Fisher - Treasurer

Ken Maybee

Denise McClure - STU Student Representative

Alice McGinty

Bill Randall, Jr. - STU Faculty Representative

Ada Rogers - President

Larry Wisniewski - Vice-President

Cheyenne Wyers

Donna Young

Meet The New Board Members

Kenneth Maybee - I retired after 39 years of service as a Military Officer throughout Canada, 3 tours of duty in Europe, 3 tours in Egypt, and 1 tour in Cyprus. Most recently I served for 17 years as President & CEO of the New Brunswick Lung Association and retired from there in July '09. I was interested in joining the Board of the Third Age Centre because I believe they provide excellent service to the Community.

I'm married to Joan Marie Maybee, have 2 children, Larry and Kim, and 4 grandchildren.

Larry Wisniewski - After finishing my graduate work at McMaster University when aging research was just beginning there, I came to UNB in 1974.

I remained teaching in the Sociology Department for the next thirty-four years. I have taught courses on aging, the world of the frail elderly as well as on death and dying. I have worked on a number of boards and for a number of organizations working in the area of growing old. I continue to teach two courses a year on aging.

I was around at the formation of both the Third Age Centre and the Chair of Gerontology at STU. I have continued to enjoy working, thinking and talking with people on challenges and opportunities for seniors. The Board of the Third Age Centre provides a perfect place for such an adventure.

THE THIRD AGE CENTRE invites nominations for

~ **The 2011 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 2011 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 at a breakfast on Friday, September 30th 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 email to: 3rdage@stu.ca

Please note: nominations must be received by September 15, 2011
For more information phone 506-452-0526 or email 3rdage@stu.ca

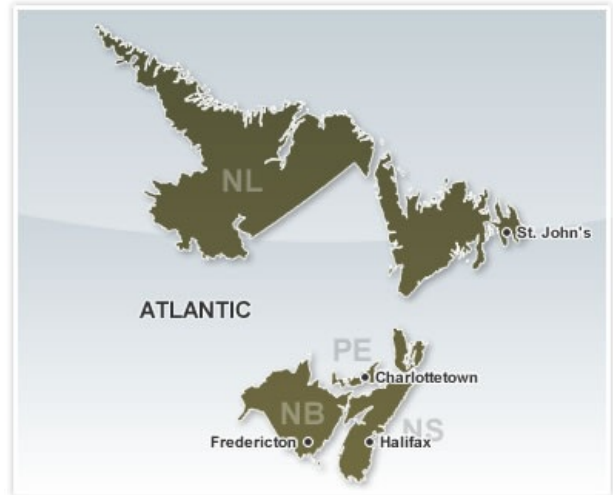
Living With Climate Change in Atlantic Canada

Thursday, October 13, 2011

11:00 am - 4:00 pm

K.C. Irving Theatre, Hugh John Flemming Forestry
Complex, 1350 Regent St, Fredericton

This event will review what we know about sea level changes, unusual weather and coastline degradation, and what is projected for the future and how we live with it. Three of the presenters are Research Geographers in the region. The fourth is from the Climate Change Secretariat, N.B. Department of Environment.



The program will include the following speakers:

- ~ **Dr. Norm Catto**, Department of Geography, Memorial University, will bring an overview of climate change in Atlantic Canada.
- ~ **Dr. Donald L. Forbes**, Geological Survey of Canada, Halifax, will present issues resulting from climate change and sea level rise.
- ~ **Dr. Danika van Proosdij**, Geographer, Mount Saint Vincent University will provide a close examination of Bay of Fundy coastlines.
- ~ **Mr. Paul Jordan**, MCIP, RPP, Green Prosperity Initiative, N.B. Department of Environment, will review policy and program development for this province.

There will be two morning speakers followed by a buffet lunch in the Foyer. The afternoon will have two more speakers and end with Questions from the audience.

There is no charge for this event.

More information 452-0526 or 3rdage@stu.ca

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".

Downsizing

As part of the New Horizons for Seniors series entitled "Interesting People Doing Interesting Things," a session called "*Lighten Up!*" was presented on April 5th at the Hugh John Flemming Forestry Complex. Approximately 170 people attended the informative and entertaining presentation on getting organized, de-cluttering, and downsizing. The guest speaker was Jackie Vanthournout, a professional organizer with Ducks in a Row Corp. from Sackville, N.B.

Jackie's first session was titled "*Organize Your Home: Six Step Organizing System.*" Jackie began by exploring the reasons for getting organized, the forces that hold us back, and the cost of disorganization. With expertise and humour, she guided the audience through the six steps of getting organized. Step 1 of the organizing process involves assessing your situation and developing a dream of what you would like your space to be like. Step 2 involves the development of a plan to achieve this dream. In Step 3, you begin the process of sorting. Once the sorting is done, you go through all the piles and ask the tough questions like "Do I need/want/use this?" Next comes Step 4 which is to get rid of the things that you do not want, need or use. Jackie recommends that people donate or recycle as much as possible. To assist with this process, audience members were provided with a list of agencies and organizations in the Fredericton area where you can sell, donate, recycle or discard your household items. The list also contains the titles of books currently available at the Fredericton library on the topic of organizing and downsizing. You can view this resource list on the TAC website "Program" page <http://www.stu.ca/research/3rdage/activities.htm> (the link to the list is located at the bottom of the notice about the *Lighten Up!* event). Once the purge is completed, you are ready for Step 5

which is to re-organize the items that you have left in a way that meets your own needs and enables you to live the way that you want. The 6th and final step is to maintain your newly organized space by regularly tidying up and purging.

Jackie's second session was titled "*Downsizing: The Hearse Doesn't Have a Trailer Hitch.*" In this session, Jackie examined all the reasons for downsizing to a smaller living space. She encouraged participants to get started on their downsizing now and not wait until an accident or health crisis precipitates the need to move. There were many excellent suggestions from the audience on ways to involve family members in dividing up family belongings.

*Submitted by Ada Rogers
TAC President*

New Course Offering: Family Ties & Aging

Instructor: Ingrid Arnet Connidis, PhD,
Visiting Chair in Gerontology



Sept - Dec 2011, Tuesdays 7:00 - 9:50 pm

This course examines the social aspects of family ties and aging: aging and family relationships; informal and formal support; and the significance of life transitions such as retirement and changes in health for family relationships over time and in later life. The course presents a profile of Canada's older population and family relationships, examines trends related to an aging population and family ties, and explores the vantage points of older persons and of society.

Ingrid Arnet Connidis is a Professor of Sociology in the Department of Sociology at the University of Western Ontario. Her work focuses on the areas of family ties across the life course, adult sibling relationships, intergenerational relations, aging and policy implications. The second edition of her book *Family Ties & Aging* was published in 2010 (Pine Forge Press).

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.

Excellence in Aging Care Symposium

September 28, 29, 30, 2011

(Centre Communautaire Ste-Anne, 715 Priestman Street, Fredericton)

The 4th annual Excellence in Aging Care Symposium is being held in Fredericton in late September. This year two sessions are open to the Third Age Centre membership and the general public at a cost of \$10 payable at the door.

Wednesday, September 28th, 7-9 pm:

Music: It's critical role in the care of those with dementia, Alzheimers and other diseases of aging.

This session is presented by Bev Foster, an experienced music performer and founder of Room 217 Foundation, a not-for-profit corporation dedicated to music and care; Daphne Noonan, Manager of Therapeutic Recreation, York Care Centre; and moderated by Dr. Clive Baldwin, Canada Research Chair in Narrative Studies, St. Thomas University.

Friday, September 30th, 10:30 am:

Family Squeeze: A story of the life of the "sandwich generation" told with humour and wit by Phil Callaway.

Phil Callaway is an award-winning author, speaker, and humorist. He is the best-selling author of 25 books including *Laughing Matters, I Used to Have Answers....Now I Have Kids*. He is a frequent guest on national radio and television and partners with Compassion Canada in their efforts to provide relief to poverty-stricken children around the world.

A complete listing of the Symposium program and speakers is available at

http://www.yorkmanor.nb.ca/symposium/symposium_2011.html

or you can call 506-453-3191.

*Submitted by Connie Bothwell,
TAC Board Secretary*

Oct 1st Event to Benefit Alzheimer Society

You've been warned about middle-age spread. But no one told you about the squeeze. You're in the "Middle Ages"—sandwiched between your children and your parents, busily juggling both with no relief in sight. Money is tight and so are your favourite jeans. And things that never ached before are beginning to give you trouble! For every baby boomer who wonders if it's possible to navigate the Middle Ages with grace and style, Phil Callaway offers hope and a little hilarity, too. On Saturday, October 1st, 2011 the First Wesleyan Church in Fredericton (131 Duncan Lane) will be presenting **An Evening with Phil Callaway**, author of *Family Squeeze*, and *Laughing Matters*. In this evening with Phil, he will offer a lighthearted look at these challenges and he promises that, while we can't slow down the aging process, we can ease the worries it brings by focusing on what matters most.

Phil is an award-winning author, speaker, and daddy of three. The best-selling author of 24 books, he has been called "the funniest Canadian alive," but never by his school teachers. He is a frequent guest on national radio and TV, and his humorous stories on family life have been featured in hundreds of magazines worldwide.

<http://www.philcallaway.ab.ca/>

Also featuring music by Matt Doige, presentations by Chandra MacBean, Alzheimer Society, and Dr. Tom Barry, Chief of Staff, Horizon Health Network.

- Tickets: \$10.00 per ticket for the 7:00 pm evening with Phil Callaway
- \$50.00 per ticket for the 5:00 pm dinner and the evening with Phil

All Proceeds to benefit the Alzheimer Society

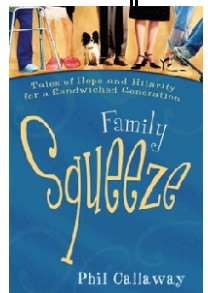
For Tickets and Information:

~ First Wesleyan Church 458-9232 or

info@firstwesleyan.ca

~ Alzheimer Society of NB 459-4280 or

1-800-664-8411 info@alzheimernb.ca



Family Enrichment and Counselling Service - Lunch & Learn Programs

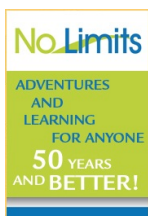
Bring your lunch! Coffee/Tea Provided



- **Food, Mood, and Mental Clarity** -Thursday, Oct. 6; 12:00-1:00 - *Free* - We will look at some key factors contributing to a rise in mood issues and will provide some advice using nutrition, supplementation & herbal remedies.
- **Breaking the Worry Habit** -Wednesday, Oct. 12; 12:00-1:00 - *\$10 per person* - Find out when worrying serves no purpose, when it does, how to tell the difference, and how to stop useless worrying.
- **Growing Older, Wiser, and More Playful** -Thursday, Oct. 20; 12:00-1:30 - *Free* - Midlife, like adolescence, presents us with opportunities to explore our potential and our identity. One major difference: now the clock is ticking! Come explore. The best is yet to be!
- **Emotional Freedom Technique** -Friday, Oct. 21; 12:00-1:00 - *\$10 per person* - E.F.T. clears difficult emotions by tapping on various meridian points. "Emotional acupressure" healing relies on focusing on a particular problem or emotion, then tapping it away. It's painless and has no negative side effects. E.F.T. can only be used to produce or promote positive healing.
- **Time Management** -Wednesday, Oct. 26; 12:00-1:00 - *\$10 per person* - What are the signs of ineffective time management and what are the keys to managing time effectively?
- **Traditional Chinese Medicine** -Tuesday, Nov. 8; 12:00-1:00 - *Free* - Simplify your way of dealing with physical and psychological health issues. Bring your personal questions and leave with tools to start addressing them.
- **Women's Health** -Friday, Nov. 18; 12:00-1:00 - *Free* - There are things that every woman needs to do to keep herself healthy through the years. We'll explore what is included in appropriate health screenings, when to have them done, how to stay healthy, and how to talk to your health care provider.
- **CranioSacral Therapy** -Tuesday, Nov. 22; 12:00-1:00 - *Free* - Come and understand how this therapy can help you release, once and for all, trapped emotional trauma.
- **Laughter & Healing** -Thursdays, Dec. 1, 8, 15; 12:00-1:00 - *Free* - The practice results in good health, good business, good relationships, and an enjoyable life.

For information: www.familyenrichment.ca

To register: (506) 458-8211; 1-888-829-6777 or Email: info@familyenrichment.ca



No Limits

Exercise your brain, keep active and involved with No Limits courses and activities for anyone 50+

A new season begins in September with many interesting topics including children's literature, opera, digital photography, current events, recreational drumming, writing your life stories, art appreciation, watercolours, wildlife of NB, gizmos and gadgets, and learning to canoe. *No tests, no marks, no pressure.* Visit www.unb.ca/cel/nolimits, call 458-7106, or email nolimits@unb.ca for details.

Fifty Plus Fall Tai Chi *Better Balance ~ Circulation ~ Flexibility*

FREE intro week Sept 20 + 22

Classes will be held
Tuesday & Thursday 11am-12 noon
with Certified Instructor: Anne-Marie Fortin

Wu's Tai Chi Chuan Academy
328 King St., Fredericton
Call 450-8889 to Register



Why We Do Genealogy

*a talk by Terry Punch, CM,
presented May 10 as part of the
“Interesting People Doing
Interesting Things” series.*

There are endless reasons why we do genealogy. Because we’re just downright curious. Because it gives us a sense of perspective. Because we suspect Uncle Jim was up to no good when he was struck by lightning in Detroit. Because we wonder why the grandparents had to leave Belfast in a hurry in 1921. Because we kick ourselves for not asking the questions we should have asked our elder relatives while they were still here to answer.

Terry Punch, CM, Resident Genealogist for CBC Radio Noon, author of five books on Irish Immigration to Atlantic Canada as well as a new series on Early Scots in Maritime Canada, says the reasons go much deeper than that. We do genealogy, he says, because the traditional sources of direction in our lives - the family, the church and the state - have lost the influence they once had. We are, to all intents and purposes, adrift in a melting pot where DNA no longer creates a clear trail to genetic patterns, where languages are lost at the rate of one every two weeks, where families, the fundamental building blocks of our civilization, are beleaguered. Civilization is fraying. And we, sensitive to the change, long, if only subconsciously, for the sense of direction and connectedness we’ve lost, and we look to the family’s past in hopes of finding something personal and constant to hang on to.

Punch explained his reasoning historically starting with the changes wrought to humanity by the Age of Reason, the American and French Revolutions, the science and technology of the Industrial Revolution, that undermined the family unit of production (children, and women, were no longer part of the workforce). The family did not afterwards spend as much time together as previously and there were fewer opportunities to transmit behavioural values, family and cultural lore.

Once “the churches and the family have lost their moral influence,” Punch concluded, “and the state becomes the creature of international finance, people turn increasingly to the one thing they can be loyal to – their roots – if they can find them”. And that accounts, in part, he says, for the current genealogy boom.

You can find help with your own genealogy search by checking out the New Brunswick Public Library’s website – www.gnb.ca/publiclibraries, click on Vision, click on Find it Fast!, click on the Genealogy image, click on the image of your topic of interest(e.g. Cemeteries) OR pick up a copy of the library’s brochure *EXPLORE YOUR ROOTS @ your library*. This guide to genealogy resources is available in all of the province’s public libraries in English and in French. It explains how to get started. It shows you links to reliable web sites around the world. It lists essential Internet Sites.

*Submitted by Leslie Cockburn
Young Adult and Adult Services Coordinator
Fredericton Public Library*

TAC on the Web



Don’t forget that the Third Age Centre continues to maintain several pages on the St. Thomas University website - just go to www.stu.ca/research/3rdage

It’s a great place to find listings of upcoming and recent events or a bit about our history, our operating principles or who is currently serving on the Board of Directors. And be sure to check out the “Links” page. We’ve recently reorganized it in an effort to make it easier for you to find senior related information that you might need.

Let us know what you think.

International Day of Older Persons Breakfast

Friday, September 30th, 2011

Christ Church Parish Church Hall, 245 Westmorland St, Fredericton

8:00 am

On Friday, September 30th, the Third Age Centre will hold its 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 2011 George Wakeling Award and the 2011 Logue Memorial Award

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

A FULL HOT BREAKFAST WILL BE SERVED AT 8:30



If you plan to attend **Please Register in Advance**

Phone: 452-0526 or email: 3rdage@stu.ca

\$5 for members, and \$7 for non-members to cover the cost of food - payable at the door



We've moved

... but not very far !

Each summer the university takes inventory of the demands on its space, both existing and new, and often a little juggling is necessary. As a result of this summer's reorganizing, the Third Age Centre office has moved to Holy Cross House - back to the building where it all began in 1991 - but not back to the same room however. This time we are in a newly renovated space on the ground floor, Room G14. Holy Cross House is located at 845 Montgomery Street, diagonally adjacent to Brian Mulroney Hall where we have spent the past several years. Our phone number remains the same: 452-0526 and the mailing address is still simply: Third Age Centre, St. Thomas University, Fredericton, NB, E3B 5G3.

If you find yourself in the vicinity of the St. Thomas University Fredericton campus, feel free to drop by to say hello and check out our new location.