



NEWSLETTER

V.20 (2) January 2012

President's Letter

Happy New Year and welcome to another winter! Although we enjoyed beautiful weather this fall, our area was affected by several hurricanes and severe storms which underscore the importance of events such as our "Climate Change" presentation held in October.

At our annual International Day of Older Persons breakfast, we presented two awards to recognize outstanding contributions to the lives of seniors in our area. Numerous excellent nominations were received for both awards and it is gratifying to know there are so many people working hard to improve the lives of older adults in New Brunswick.

The November presentation "The Silvering Screen: Images of Aging in Cinema," marked the completion of our year-long *Interesting People Doing Interesting Things* speakers' series supported by a New Horizons for Seniors grant. In 2012, we will return to regular programming and plans are well underway for a variety of presentations.

The College of Family Physicians of Canada released a blueprint calling for more timely access and a coordinated, patient-centred approach to health care services for all Canadians. I very much like the idea of the "medical home" in which a team of health care professionals work together with the family doctor to focus not just on illness but whole-person wellness. This "medical home" concept was discussed at the Primary Health Care Summit held in Fredericton this fall.

On October 27th, I attended the New Brunswick Home Support Summit at the Ramada Inn. A panel of six people presented views and visions of home care including discussions on

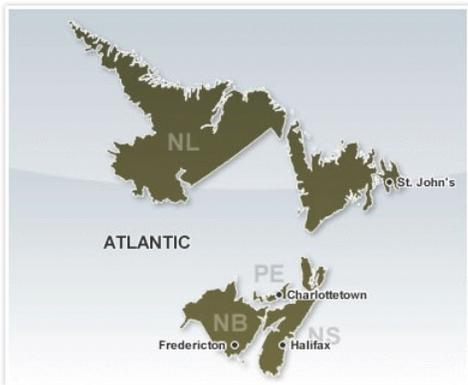
jurisdiction, education, and development of a long term strategic plan. We heard how the nature of home support is changing. The public perception is that home support workers cook and clean but with earlier hospital discharges, the need for help is becoming more health focused. This need will increase as the number of elderly and those with chronic illnesses and disabilities rises. Since the average age of home care workers is increasing and few young people want to do this kind of work for little more than minimum wage, recruiting will be an issue in future. A standing ovation was given to Faye Curtis, a home support worker who gave an emotional description of what her usual work day entails. It was announced that there will be a provincial home care summit in November 2012 which will bring together provincial departments, community partners, and research institutions.

I had the pleasure of attending a demonstration of the Narrative Care Program at York Care Centre on December 5th. This program, which has received national and international attention for its focus on the whole person, celebrated the lives of two residents at York Care Centre. The session made me reflect on the events and people that have shaped my own life. As I reminisced about the past, I was reminded that I have much to be thankful for.

Best wishes for 2012 from the Board of Directors.

Ada Rogers





Living with Climate Change in Atlantic Canada

In October 2011, as part of our series "*Interesting People Doing Interesting Things*", experts on climate change in this region presented a symposium on "Living with Climate Change in Atlantic Canada".

Dr. Donald Forbes of the Geological Survey of Canada, Halifax, first gave a presentation on behalf of Dr. Norm Catto, Dept. of Geography, Memorial University, St. John's, which provided an overview of the effects we are already experiencing from climate change. His data focused on the increasing intensity and severity of both winter and summer storms. Dr. Forbes then presented data to indicate the vulnerability of coastal areas in the Maritimes resulting from the combination of land that is sinking and sea levels that are rising.

Dr. Danika van Proosji, a Geographer at Mount Saint Vincent University, Halifax, who has studied the sand dunes, beaches and salt marshes of the Bay of Fundy presented visuals including computer models of the effects of sea level rise on inlets around the Bay of Fundy.

Present-day models predict that average temperatures and sea levels in Atlantic Canada will continue to rise and that coastal storms will become more frequent and of greater intensity as the decades pass. There are two possible responses to these changes in climate. We could mitigate their effects OR we can adapt to them. Mitigating requires a slowing of climate change by reducing greenhouse gas emissions; neither

governments nor citizenry seem to be seriously interested in pursuing that course of action.

Adaptation thus becomes our future course of action, they said. This means mostly managing the unavoidable by adjusting to changes, minimizing serious problems and taking advantage of any opportunities that result from climate change. Both Dr. Forbes and Dr. van Proosdij spoke about the adaptations that are required in the Bay of Fundy. Dr. van Proosdij is a strong advocate for environmentally sustainable coastal protection that will reduce the severity of the effects of climate change. For example, this means we must give up our occupancy of coastal shores and allow wide bands of marshland to develop. This would help to reduce the damage that more intense storms and sea level rise create.

Paul Jordan of the Climate Change Secretariat, N.B. Department of the Environment, reviewed existing policies and ongoing projects and initiatives in this province. The New Brunswick government is participating in the Atlantic Regional Adaptation Collaborative (Atlantic RAC), which is sponsored by the four Atlantic provinces, Atlantic Municipal Associations, the Insurance Bureau of Canada, the federal government and others. This is one of several similar research projects on adapting to environmental changes across Canada. A wide range of projects is underway across NB and the other Atlantic provinces. Details about these projects can be seen at the ACASA web site: <http://atlanticadaptation.ca/> .

A lively discussion followed the presentations. Some questioned the link between human activities and the changing climate. Dr. Forbes said that regardless of the cause, the changes in temperature and sea level are happening, with trends that are consistent with the least conservative model predictions. Adaptations, especially along the coastlines, are therefore necessary.

*Submitted by
Donna Young, TAC Board Member
and Bob Rogers, TAC Member*

The ABC's of Fraud Awareness

January 18, 2012

2 - 4 pm

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



Saint John Volunteer Assoc. & the N.B. Securities Commission

Please join us on January 18 to learn about all of these timely topics -

- ▶ Investment Fraud – protect your hard earned money!
- ▶ Identity Theft – the fastest growing fraud in North America!
- ▶ Credit Card Theft – the many tricks fraudsters use to obtain your information!
- ▶ Telephone Fraud – why is this person calling me?
- ▶ Internet Fraud Including Social Networking, phony emails & Privacy Concerns
- ▶ Use of ATM's – when & what machines should we use?
- ▶ Advance Fee Loans – are they legal?
- ▶ Door to Door Fraud – is this person at the door trustworthy?
- ▶ Who benefits from Debit and Credit Card theft?
- ▶ Affinity Fraud – what is it and what to do.
- ▶ What to do if your wallet is lost or stolen!
- ▶ Reporting Fraud.



Please Register in advance by calling 452-0526 or email 3rdage@stu.ca

Admission: \$5 Members ~ \$10 Non-Members

Refreshments will be served.

Fredericton Food Bank's New Vision Looks to Engage Seniors in a Big Way



Food connects us all - it is one of our most basic needs, yet families in our own community are unable to meet their nutritional requirements. Our community is being challenged to ensure there is enough food for all.

Our Vision - After carefully evaluating the needs of our clients and the greater Fredericton community, the Fredericton Food Bank has purchased the former Green Village Garden Centre located on 686 Riverside Drive. This wonderful new location is an ideal opportunity to transform the Fredericton Food Bank into a Community Food Centre, by developing additional services to help assist our clients towards self-sufficiency in a manner that maintains dignity, challenges inequality and builds community. These new services will include a Teaching Kitchen, a Buying Club, Community Gardens & Greenhouses and a Life Skills Education Centre.

Senior Mentorship Program - Volunteer efforts will be a large component of the success of the new Green Village facility. We see the development and growth of these new supportive programs as a wonderful opportunity to partner with the Third Age Centre and its members to develop a Senior Mentorship Program. This new program will access and engage the untapped, invaluable resources our senior population possesses: KNOWLEDGE, EXPERIENCE, UNDERSTANDING and TIME.

Our Senior Mentorship Program (SMP) will match volunteer seniors in the community with our food bank clients and other community members in need (including seniors) in a mentorship capacity to help these individuals towards self-sufficiency in the following areas of skills & knowledge:

- preparing, cooking and preserving inexpensive, nutritious food through workshops and hands-on training in our new teaching kitchen facilities
- growing food through workshops and hands-on training in our new community gardens and greenhouses
- financial management through workshops and one-on-one budgeting support and the creation and management of a food purchasing club
- community advocacy via group and one-on-one support to those who need help navigating social services and accessing community resources in the areas of social issues, housing, health care and welfare
- civic engagement support and training that enables clients to speak out about and work for change on issues of poverty, hunger, inadequate income and elder abuse issues.

In a world of increasing reliance on cheap, nutritionally-deficient, processed food which leads to obesity and chronic illness, the invaluable wisdom and skills of our older generations are in danger of being lost. We must create opportunities to pass that knowledge on to current and future generations so that everyone can learn to eat well and keep costs down.

Changing the philosophy and services of our basic Food Bank into a Community Food Center will involve many people. We are looking to the Third Age Centre and its members to help in setting program directions and advocating for systemic change in the various areas contributing to food security.

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A Senior Mentorship Program Planning Committee will be established comprised of selected Food Bank staff, project partners, volunteer seniors from the community and Food Bank clients to develop the programs outlined above. We anticipate the SMP Planning Committee will consist of at least 10 members, with the majority being seniors.

As the various programs are developed, senior volunteers will be recruited with the assistance of the Third Age Centre to receive mentorship training as applicable. With a Food Bank staff member coordinating the entire SMP, each individual program will be lead by senior volunteers (one senior leader and /or administrator plus a minimum of at least 5 senior volunteers as required).

Benefits to Seniors and Our Community - We are very excited about the benefits this new program will bring to our senior population and our community in general. The Senior Mentorship Program will:

- offer new (some less physically-challenging) volunteer mentorship opportunities for seniors
- attract new volunteers and encourage active involvement of seniors and others, including those with varying abilities
- encourage intergenerational engagement, respect and positive images of aging since the Food Bank serves over 900 families per month, 36% of whom are children
- enhance social inclusion of seniors thereby having a positive impact on their mental fitness, resiliency and quality of life through active living and an improved sense of belonging
- involve volunteer seniors in both the planning and implementation stages of the SMP and, depending on their needs, may also be potential recipients of the services provided.

We look forward to working with the Third Age Centre early in the New Year to discuss the development of this new program. These are exciting times to say the least!

*Submitted by Edee Klee
Fredericton Food Bank*

We like to hear from you

It's easy to make a suggestion for a topic that you would like to see covered in a future edition of the Third Age Centre Newsletter. Or maybe you would like to comment on something that you've read in a recent edition? Your ideas for future event topics are always welcome too!

Simply give us a call at 452-0526 • or email us at 3rdage@stu.ca • or you can write to us: Third Age Centre, HCH G14, St. Thomas University, Fredericton, NB E3B 5G3



Province Releases New Caregiver's Guide

In October 2011 the provincial government released a new, 35-page guide to give information to unpaid caregivers helping and supporting seniors. "This guide will serve as a valuable tool for those who are or anticipate becoming caregivers," said Social Development Minister Sue Stultz, minister responsible for seniors, housing and community non-profit organizations. "It provides advice on various aspects of care-giving as well as practical ways for caregivers to adapt their lifestyles and living environments to ensure a better quality of life for themselves and the seniors in their care."

The *Caregivers Guide: Practical Information for Caregivers of Older Adults*, is intended to increase support to families, friends and volunteers to help them care for their seniors. One chapter is devoted entirely to the needs of the caregiver. "Caregivers can forget to take care of themselves and run the risk of developing health problems and feeling emotionally stressed," Stultz said. "Many could be juggling child care, paid employment or volunteer work along with the responsibility of helping an elderly person."

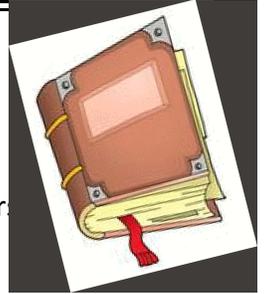
With the rapidly aging population in New Brunswick, care-giving is expected to become an even larger part of family and community life. "In many cases, a little help from family, friends or neighbours may be all that is needed for a senior to continue living independently," Stultz said. "If seniors can stay at home with their families, and in their communities where they want to live, it will be better for their quality of life and the long-term care system."

The guide was developed by the Senior and Healthy Aging Secretariat with suggestions from the Alzheimer Society of NB and the Public Legal Education and Information Service of NB.

You can find the booklet on the Senior and Healthy Aging Secretariat homepage <http://www.gnb.ca/0182/index-e.asp>. Or contact them by phone at 506-457-6811 or email: seniors@gnb.ca

Narrative Care Volunteers Needed

York Care Centre and the Alzheimer Society of New Brunswick are accepting volunteers for the Narrative Care Program.



Sharing the life stories of our elders promotes an inclusive culture. Using reminiscence and storytelling, narratives promote self-expression, self-discovery, healing and reconciliation. The process maintains continuity of identity despite illness, validates experiences, enables spiritual growth and meaning-making, and improves relationships.

The Narrative Care program is an enriching experience: you will interview fascinating people; record their life stories into a keepsake Memory Journal and Slide Show presentation; and celebrate their stories with their loved ones.

For more information about the program or to volunteer **contact:**

► *Daphne Noonan* at York Care Centre
Phone: 506-444-3880 ext. 2302
email: daphne.noonan@yorkmanor.nb.ca

or

► *Chandra MacBean* at Alzheimer Society of NB
Phone: 506-459-4280
email: executive.director@alzheimer.nb.ca

*Submitted by Denise McClure
TAC member*

Fifty plus Tai Chi Chuan

Free trial → week of Jan 16th, 2012
Monday & Wednesday 11am - 12 noon
Instructor: Sifu Martin Kennedy
*Better Balance, Improved Circulation,
Improved Range of Movement*
Call **450-8889** for information or to register

2011 Merit Awards Presented

On December 14, 1990 the United Nations General Assembly voted to establish October 1st as the *International Day of Older Persons*, and each year on October 1 the Third Age Centre holds 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 2011 George Wakeling Award (given to an individual) is Vicky Knight, a tireless and generous volunteer in the Fredericton community. The recipient of the 2011 Logue Memorial Award (given to an organization) is the Public Legal Education & Information Service of New Brunswick (PLEIS-NB), a non-profit organization that develops educational products to assist the general public in identifying and understanding their legal rights and responsibilities.

An excellent breakfast prepared by Marg Routledge, Donna Young, and several volunteers, shared with fellow TAC members made for a very enjoyable morning. Our thanks to everyone who participated!



Vicky Knight (left) is the recipient of the 2011 George Wakeling Award. She is shown receiving her award from Ada Rogers, Third Age Centre President.



The Public Legal Education and Information Service of New Brunswick (PLEIS-NB) is the recipient of the 2011 Logue Memorial Award. Shown is Deborah Doherty (left) receiving the award on behalf of PLEIS-NB from Ada Rogers, TAC President.



Watch for these upcoming events from the Third Age Centre

• **February 16, 2012**

End of Life Topics

Jim MacLeod, Owner, Mgr., York Funeral Home

Rev. Deborah Everett, Pastoral Care Director, DECH

Understanding funeral arrangements, memorial services, “contemporary services”, green burial, writing an obituary.

STU Forest Hill Conference Centre, 368 Forest Hill Rd • 2–4 pm

Admission: \$5 Members ~ \$10 Non-Members

• **March 27, 2012**

Systems of Care for an Aging Population: A Case For Change

Dr. Patrick Feltmate, Geriatrician

How could New Brunswick’s health care system evolve to better meet the needs of its elderly citizens?

Hugh John Flemming Forestry Complex, Irving Theatre • 2–4 pm

Admission: \$5 Members ~ \$10 Non-Members

For more information call 452-0526 or email 3rdage@stu.ca • Everyone is welcome!



And now let us welcome the New Year, full of things that have never been.

~ Rainer Maria Rilke