



NEWSLETTER

V.20 (3) April 2012

President's Letter

Another winter has flown by and we were fortunate that it was a relatively mild one. The mild temperatures enabled more people, especially seniors, to attend activities and appointments. Hopefully, it also spared the heating bill.

On January 24th, while I was visiting family in Calgary, I was thrilled to be able to attend a presentation by Dr. Brian Goldman at my old alma mater, Foothills Hospital. Dr. Goldman is an award-winning medical journalist who hosts the CBC radio program *White Coat, Black Art*. As part of Alzheimer awareness month, he gave a presentation titled *Wake Me Up for the Tsunami: A personal reflection on aging and dementia*. Dr. Goldman's presentation included the usual statistics but was brought to life by his personal experiences of being a caregiver for his aging mother who has dementia. Despite his busy schedule as an emergency room doctor and medical journalist, he manages to make time to provide care to his mother several days per week. He demonstrated great understanding of the caregiving role and its challenges and is very supportive of improved conditions and wages for home care workers. His talk included good insights on ways to make the health care system more responsive to the demands of an aging population. It would be nice to have Dr. Goldman at the table when provincial health ministers meet to discuss the future of the health care system.

It has been a very busy winter for TAC presentations. We have hosted programs titled *"The ABCs of Fraud Awareness"*, *"When*

Someone Dies: What are the Choices?" and *"Systems of Care for an Aging Population"*. If you missed any of these programs, there are summaries of the first two in this newsletter. After the winter season and the prospect of more pot-holes, we are looking forward to our April 26th program which will examine issues surrounding transportation. We are very heartened by the fact that most of our programs are drawing an attendance of over 80 people which tells us that we are covering topics that are of interest to you. We would love to hear from you if you have any topics that interest you or have any ideas for future speakers. Feel free to speak to any of our board members who can now be identified by their name tags at TAC programs.

Behind the scenes, the Board of Directors has been reflecting on the goals and mandates of the Third Age Centre to set its direction for the coming years. This winter, TAC has sent representatives to several important forums and committees. Board member Bob Fisher was at the table when the Minister of State for Seniors had a roundtable discussion of priorities related to seniors in preparation for the next budget. Bob also represents TAC on the Horizon Health *Fredericton and Area Health and Wellness Community Advisory Committee*, an assessment process that will articulate a health and wellness vision for the community. In June, I will attend the Atlantic 50+ Learning Organizations' meeting in Charlottetown.

All the best for the spring and summer seasons.

Ada Rogers

Siblings

On December 8th, Dr. Ingrid Connidis, professor of Sociology at the University of Western Ontario and Visiting Chair in Gerontology at STU, gave a presentation titled "Sisters and Brothers Across Time". Relationships with siblings are the longest relationships that most of us have in our life. These relationships are often taken for granted but provide the common background of shared routines, customs, schools and neighbourhoods that form a basis for reminiscence in later life. Sibling relationships provide us with a training ground for future peer relationships.

Dr. Connidis found that 80% of people over 65 have living siblings. This will change in future generations as family size decreases. Other changes occurring today include "boomerang" children returning to the family while they continue their education or find employment and delayed parenting and grand-parenting. In other areas of the world such as China, great changes are resulting from the one child per family policy.

Research indicates that siblings from larger families are emotionally closer to each other and that the composition of the larger family is a key factor in this regard. This affects sisters more because women live longer and have the advantage of shared experience over a longer period of time. As siblings age, early rivalries seem to matter less. On the other hand, research indicates that single children are often high and successful achievers. In later life, single children are disadvantaged because they have fewer people to share parental care. For couples who have no children, the bond with siblings is of increasing importance. Parents are often closer to unmarried children because the establishment of marriage or even of partnering draws a child from the parental family, creating a different emotional dynamic.

While "best friends" may seem as close as siblings, in the long run they are never the same. Best friends can become estranged or be given up but siblings really cannot be dropped. Even when siblings become estranged, they continue to be connected through the parents. Their preferences and desires will continue to surface in the family

and they will always have a position in that family.

Fairness in families is mostly in the eye of the beholder. What appears to be a primary caregiving child is often not accurately determined or reflected to the community. Individual children give different kinds of support, give it at different times and meet different expectations of the parent(s). The "away" caregiver may suffer great anguish as a result of not being able to help or not being included. It is also a fact that as siblings age and begin the caregiving to their parents, they become closer emotionally.

The loss of emotionally close siblings is not readily addressed in our society. In older age, siblings can be companions for reminiscence and sources of affirmation, as well as serving to continue the family legacy.

Submitted by Ada Rogers and Donna Young

2012 Music Care Conference June 3 & 4

The 2012 Music Care Conference will bring together community members in pursuing the issues and themes around caring for people using music. A variety of people including musicians, music therapists, students, nurses, teachers, medical professionals, personal support workers and caregivers will come together to teach and learn about music care and its various uses and benefits. The conference identifies and integrates common themes and issues using music across the care spectrum and highlights the social implications of music in care. This year, the Music Care Conference will be hosted by the Atlantic Institute on Aging, the Room217 Foundation, GNB Dept. of Culture, Wellness, and Sport, and a variety of other partners. The Conference will take place at Fredericton's Playhouse and will feature "cameo" performances by an array of artists including Raylene Rankin in concert on June 3rd! Reduced pricing is available for students and seniors. More information and registration can be found at www.room217.ca Or by phone 905.852.4448 or email info@room217.ca

Submitted by Paula Graham
Atlantic Institute on Aging
www.aginginstitute.ca

The Third Age Centre presents

Transportation in Our Third Age: An Engineering and Policy Perspective

26 April 2012
2 - 4 pm

Trevor R. Hanson, PhD, P.Eng
Assistant Professor, Civil Engineering, UNB

As we grow older, our use of transportation changes. In retirement we may find ourselves busier than ever, or we may find that encroaching health conditions make driving difficult or impossible over time. Transportation is essential but existing transportation systems often don't meet our personal needs and few, if any, alternatives to driving exist outside of cities in our province. What are the implications of this? What needs to be done and how can we move forward? This session will explore these and other questions relating to transportation in New Brunswick.

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

Admission (payable at the door): \$5 Members ~ \$10 Non-Members

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



When Someone Dies: What are the Choices?

On February 16th, Jim MacLeod, Owner/Manager of York Funeral Home, and Rev. Deborah Everett, Pastoral Care Director of the Dr. Everett Chalmers Hospital, spoke at the Third Age Centre presentation titled *When Someone Dies: What Are the Choices?*

Jim MacLeod gave a very interesting talk, blending information and wisdom with tasteful humorous anecdotes. He pointed out that grief is the price we pay for love. Though we all need to grieve when a loved one dies, emotional relief can come in the form of both sadness and laughter. Emotional relief is important if we are to successfully return to a new state of normalcy. Grief shared is grief diminished.

The “funeralization” process, which spans from the first notification of the death to the final family conference, is a busy time. Jim noted that children can get lost in this process and it is important that they be given explanations for questions such as “How did Grampy get into that cremation urn?”. Communication among family members is very important in order to alleviate anxiety about each step in the process. Family members should be aware that they will need to provide information such as Social Insurance numbers, Medicare numbers, etc. in order to complete all the necessary paperwork. Any funeral home can provide you with a checklist of information that you will need to have handy.

Jim reviewed the many details and options when planning a funeral. He pointed out that anyone can lead the service, but the eulogy should be given by someone who knew the deceased. Also, the funeral or “celebration of life” service can be held anywhere, including outdoors. Services can be highly personalized using such things as photographs and sports equipment. Jim reminded the audience that the funeral is more for the folks left behind than it is for the deceased person.

Cremation is not necessarily less expensive than burial. It depends on what other services are purchased, for example, whether there is a viewing of the deceased. If cremation is chosen, it cannot occur until 48 hours after death in order to assure that the cause of death is known. There is extensive legislation on burial and cremation practices that must be adhered to. With so many choices, Jim encourages people to consider preplanning their funeral. Funeral homes will provide preplanning at no cost with prepayments going into a trust account at a financial institution.

There was a lively question and answer period that included discussion of “green” burials, containers that can be used as an urn (must have capacity of about 200 cubic inches), and scattering of ashes.

After the refreshment break, Rev. Deborah Everett spoke about organ and tissue donation. She referred to a recent online news release by CTV that gave many details about current Canadian statistics. For example in 2010, there were 2100 donations and 200 people died waiting for organ or tissue donations in Canada. (See more information in the article titled “Organ & Tissue Donation” pg 5)

Submitted by Bob Rogers, TAC Member

Planning a service - recommended reading: Rev. Everett also spoke briefly about contemporary memorial services. She recommends a book titled *In Memoriam: A Guide to Modern Funerals and Memorial Services* by Edward Searl (Skinner House Books, Boston). The author notes that traditional religious funerals and memorial services after a death have been the 'norm' for much of the past. Increasingly, though, people are expressing that they are not religious, nor do they have a relationship with a clergyperson from a religious faith community. Many are opting not to have a final rite of passage because they don't realize there are other options available. Those who do opt for a service request one which is true to their loved ones beliefs, values and world view. “*In Memoriam* was created ... for a larger audience and is a spiritually rich and psychologically sound way of crafting human centered final rites of passage.” Even those who are religious will find many ideas about planning and arranging a service, similarities and distinctions between religious and non religious ceremonies, some excellent thoughts on grief recovery, and reasons why a final rite of passage is important for the healing journey. Since any adult can organize and lead a funeral/memorial service, this book has many options for anyone who is designing a service, that “... honestly and lovingly remembers the person who died, that affirms the realities in a personal manner (rather than through religious faith or dogma) and that is more

participatory". *Please Note: The Third Age Centre has purchased a copy of this book and donated it to the Fredericton Public Library where it will be available to everyone.*

Submitted by Rev. Deborah Everett

Organ and Tissue Donation

At the February workshop *When Someone Dies: What are the Choices?* there were a number of unanswered questions about the donation of organs, tissues for transplantation, and whole bodies for science. The New Brunswick Organ and Tissue Procurement Program at 506-643-6848 is the source of information you need. I spoke with Donna McLellan, but the Program's usual procedure is to have you leave your number with voice mail. Then, within one or two business days, someone will return your call. They will discuss the programs with you and/or send you brochures on both topics.

You become a donor of organs or tissues when you apply for a new Medicare card. Every three years you receive a two page application form from Medicare N.B. The first page is the application for a new card and the second is a form to fill out if you wish to be an organ and tissue donor. Completing and signing the second form puts you on the N.B. donor list and also imprints your medicare card with the word "donor". Every time you renew your Medicare Card you need to reapply to become a donor. In other words, every three years you get to update your previous decision. This form is not a "legally consenting" document. After death, next of kin has the option to cancel your request. The order of kin starts with your spouse, then your oldest child over age 19, and then moves to a parent and so on down the family hierarchy. There is a delay after death, of up to 48 hours for the removal of the donated organs and/or tissues.

There is no age limit to become a donor of organs. It depends on the healthfulness of the body. That diagnosis is made by physicians. The usual organ donations include heart, liver, pancreas, lungs and/or kidneys. Tissue donations include skin, corneas, ligaments and heart valves. The maximum age limit on some tissue donations is 81 years.

Whole body donations are possible and are determined by one of four Inspectors of Anatomy based around the province. The recipient institution is Dalhousie University, Halifax, for their Anatomy and Human Body Donation Programme. It is one of the biggest in Canada, and a most sensitive and complex programme. You may get information and register for Whole Body Donation at the same phone number given above. If you decide to become a donor, you will be asked to fill out an advance form. At the time of death, physicians will determine whether your body is useful and appropriate for the research being conducted at that time. Dalhousie University retains accepted bodies for two to three years after which the family is notified. At this time the family has the choice of having the body or ashes returned for burial or having it cremated and interred in Halifax. If it is retained in Halifax, the family is invited to attend the internment.

Submitted by Donna Young, TAC Board Member

Computer Instruction



Have you been looking for somewhere to learn computer basics, internet basics, or maybe the basics of social media? Instruction on these topics and more is now available through your **Fredericton Public Library**. Their offerings include one hour classes, drop-in computer help, and ebook tutorials. For a schedule of classes, to book a tutorial or for more information, please contact: **Reference Services**

460-2800 (option 2)

ftonpub@gnb.ca



The ABCs of Fraud Awareness

On January 16th the Saint John Volunteer Centre presented *The ABCs of Fraud Awareness*, an educational session sponsored by the NB Securities Commission. Three volunteers, Sharon Stout, Rose Colwell, and Carol Shaw performed several humorous skits to demonstrate how easily people are tricked into divulging personal information, committing to an internet relationship, or signing up for costly schemes. The women explained that seniors are often targeted in scams because they tend to be very trusting; they are easily accessible because they are retired; they are too polite to hang up the phone or close the door; and they tend to have accumulated some savings. Who are the victims of fraud? People of any age, gender, or educational level can be scammed. Red flags to watch for? Promises of large returns with little risk; the only address given is a post office box rather than a street address or if there is no phone listing for the organization; and as always - if the deal sounds too good to be true it probably is!

The presenters cautioned that at the time of disasters such as the tsunami in Japan or earthquake in Haiti, a number of organizations and websites sprang up to plead for donations. You should always check out the charitable organizations to which you donate. Fraudsters usually apply a lot of pressure for a quick response to their request. Be wary of callers who pose as a grandchild or relative who has run into bad luck in another country. Before promising them any money to get out of jail or replace their passport, check with family to make sure they are really out of the country. There has also been an increase in emails that appear to come from legitimate websites such as Revenue Canada. Clues to watch for are spelling errors in the subject line or failure to address you by your name.

As part of the program, the presenters promised a door prize of a "diamond pin" and asked audience members to fill in ballots to win this prize. At the time of the draw, they emphasized that far too many people had included detailed information about their address, email, phone number, etc. when this amount of

detail was not necessary. The prize consisted of a dime and a pin so we were all duped! To protect your identity, shred documents that show your personal information and keep "chip" cards in a protective sleeve to prevent illicit scanning of information. Many members of the audience shared tips and gave examples of scams that they had experienced. The group provided pamphlets and brochures related to various types of fraud. If you are ever in doubt about an offer or scheme, call the NB Securities Commission at 1-866-933-2222.

Submitted by Ada Rogers, TAC President

Looking for women 50-60 yrs of age to participate in a study

Are you interested in talking about body image, diet, and media?

Women currently between the ages of 50-60 who have dieted for weight loss are needed to participate in a study of how women's decisions about dieting and diet-related information in the media change throughout their lives.

You are being invited to participate in a set of two interviews to share your past and current experiences with weight-loss dieting and to talk about any magazines, diet guides, and TV programs you have consulted when making decisions about dieting.

Interviews will take place in your home or on the UNB Fredericton campus, and can be scheduled at your convenience. All information you give will be confidential and it will not be able to be linked to you personally. If you have questions, or would like to participate, please contact:

Angela Wisniewski

email: awisniew@unb.ca

phone: 506-999-1393

Angela Wisniewski is a PhD candidate in the Sociology Department at the University of New Brunswick where she specializes in the sociology of culture and the sociology of communication. Her interests include the relationship between health and beauty ideals, medicine and society and the social history of dieting.

UNBF REB #2012-011

Submitted by Angela Wisniewski

New Self-Assessment Quiz for Volunteers

Public Legal Education and Information Service of New Brunswick (PLEIS-NB) has created a new tool for potential volunteers. The *Volunteer Self-Assessment Quiz*, which was developed as part of a larger project for senior volunteers, looks at a person's interests, skills and life experience to help determine what sorts of volunteer opportunities would be appropriate. If you would like to request a paper copy of the quiz email pleisnb@web.ca or call 506-453-5369. You can download a PDF version from the PLEIS-NB website www.legal-info-legale.nb.ca



2012 Walk for Memories - May 27

It will soon be time to walk together in support of the over 13,000 New Brunswickers whose lives are impacted every day by Alzheimer's and related dementias. The Alzheimer Society of New Brunswick will hold its annual *Walk for Memories* on Sunday, May 27. Contact them now to get your pledge form: Alzheimer Society of NB-Fredericton, Tel: (506) 459-4280 or 1-800-664-8411 fredericton@alzheimernb.ca. Or visit www.walkformemoriesatlantic.ca to sign up and access their easy to use online fund-raising tool.



"Look, you're 103 years old, you've got to start taking better care of yourself."

©Jim Unger 1983



Spring Lunch & Learn Programs

Bring your lunch! Coffee/Tea & Cookies Provided
⇒ Pre-registration is required!

To register, please call (506) 458-8211 or email info@familyenrichment.ca

- ~ **April 19**; 12:00–1:00 –Free –Understanding Food Labels –Get the facts and avoid traps. Your questions will be answered through discussion and active participation.
- ~ **April 24**; 12:00–1:00 –Free –CFG Qigong, Meditation in Movement –Come and learn simple, effortless ways to release stress and regain health in no time. Focus more and feel better!
- ~ **May 2**; 12:00–1:00 –\$10 –How To Be Your Own Best Friend –If you have ever thought that you are your own worst enemy, this is for you! Learn how to get "on your side".
- ~ **May 8**; 12:00–1:00 –Free –How To Boost Your Immune System –Learn how to increase your energy level and how to decrease the risk to develop colds, allergies, and flus through nutrition.
- ~ **May 11**; 12:00–1:00 –\$10 –Anger Management –Emotional intelligence is the ability to understand and manage our emotions. It's a crucial life skill.
- ~ **May 15**; 12:00–1:00 –Free –CranioSacral Therapy –Come and understand how this therapy can help you release, once and for all, trapped emotional trauma.
- ~ **May 17**; 12:00–1:00 –Free –ADHD –Learn more about managing ADHD without the use of prescription medication. A look at ways to deal with ADHD through diet, nutritional supplements, and herbs.
- ~ **May 24**; 12:00–1:00 –\$10 –Breaking the Worry Habit –Find out when worrying serves no purpose, when it does, how to tell the difference, and how to stop useless worrying.
- ~ **May 28**; 12:00–1:00 –\$10 –Time Management –What are the signs of ineffective time management and what are the keys to managing time more effectively? Learn how to manage this valuable resource.
- ~ **June 1**; 12:00–1:00 –Free –Menopause –Symptoms, side effects of some treatments, and effective management strategies.

The Third Age Centre

ANNUAL GENERAL MEETING

Tuesday, May 22nd, 2012
2 pm

STU Forest Hill Conference Centre (old Keddy's Motel),
368 Forest Hill Rd, Fredericton

*Come to hear reports of TAC's activities, elect the new Board,
discuss plans for the 2012-2013 program year, listen to the guest speaker,
and enjoy refreshments.*

*Guest speaker: Nick Guitard, well-known author of two books on the topic of
Waterfalls in New Brunswick.*



Everyone Welcome!

Please RSVP to 452-0526 or 3rdage@stu.ca

Caring for Aging Relatives - A Program for Those Helping Others

Many people are caught in the "sandwich generation," where they become responsible for taking care of their children along with taking care of their parents or other relatives who require assistance. Many are left without resources to help them handle all of these responsibilities and they often go without respite care. Unfortunately, this can result in caregiver burnout and other complications (e.g. family disputes, emotional distress, etc.).

Family Enrichment and Counselling Service is developing the Caring for Aging Relatives Program to help individuals in situations like this and to provide support through education and information on community resources. The program will begin on Thurs, May 17.

For more information and to register contact:
Family Enrichment and Counselling Service
458-8211 or toll free in NB at 1-888-829-6777
Email info@familyenrichment.ca

New Course Offering:

Time, Identity and Wisdom

Professor Jeff Webster,
Visiting Chair in Gerontology
Sept - Dec 2012, Tuesdays 7:00 - 9:40 pm



Time, in its many guises, is a ubiquitous part of the human experience. It not only frames unfolding events in our daily lives, but is a dynamic shaper of important psychological qualities such as emotions, motivations, and mental health. Similarly, our sense of who we are, that is our identity, profoundly impacts how we think about ourselves, relate to others, and negotiate the demands of living in a complex world. One positive consequence of the latter is the potential to develop wisdom, considered by many to be the acme of human development. Recent research has suggested that these three core areas of gerontology can inform each other, constituting the rationale for this course. Our aim will be to examine these three topics to see the implications each has for healthy and mature forms of development, and then we'll examine specific links among them.

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.