



NEWSLETTER

V.21 (1) September 2012

President's Letter

I always thought that time would go more slowly once I retired, but that does not seem to be the case. Suddenly, fall is here once again. Although it was a wonderful, warm summer, the lack of rainfall certainly hampered the farmers and gardeners.

At our AGM last May, we were very fortunate to have Nicholas Guitard speak to the group about the waterfalls of New Brunswick. His talk, beautifully illustrated with spectacular photographs, was a great reminder that we live in a beautiful province. As a result of the AGM, we have officially added 4 new members to our Board. We welcome Vicky Knight, Marilyn Noble, Betty Ponder, and Marie Sutcliffe. To get to know them better, please see their short biographies on the next page of this newsletter.

For our family, it was a summer of crises and encounters with the health care system. We were blessed with 3 new grand-daughters. However, a set of twins was born 15 weeks prematurely and remain in the neo-natal intensive care unit at the IWK in Halifax. We are so grateful for the resources, both human and technical at the IWK, as well as the services of

facilities such as Ronald McDonald House. On the subject of grand-children, TAC is developing a presentation that will explore the rights of grandparents, especially when marriages fail.

This spring, we sent you a survey asking for your priorities and suggestions for future programs. We appreciate your ideas and feedback and are heartened to know that you are generally satisfied with our programming. Thank you to Larry Wisniewski, Vicky Knight, and Bev Bramble who developed and implemented the survey. We will be using your suggestions to plan our future programs. We hope to have a variety of sessions from serious topics to lighter fare. This year our October 1st celebration of the International Day of Older Persons will be a luncheon rather than a breakfast. This change is a result of feedback that the 8:30 a.m. start time for the breakfast was just a little too early for many of you. Details of the luncheon are on the back page of this newsletter.

I hope you have a productive fall and we look forward to seeing you at our upcoming program events.

Ada Rogers

Your Board of Directors for 2012 - 2013

Linda Caissie
Bob Fisher - Treasurer
Vicky Knight
Alice McGinty - Secretary
Marilyn Noble

Betty Ponder
Bill Randall Jr - STU Faculty Representative
Ada Rogers - President
Marie Sutcliffe
Larry Wisniewski - Vice President

Meet The New Board Members

Vicky Knight - I have a Bachelor's degree in Nursing and a Masters in Public Administration. I am a Health Care consultant and work as a Parish Nurse at St. Anthony's Church in Fredericton. I've worked in both the private and the public sectors and have been a member of a number of Boards and education committees. My involvements span acute and long-term care facilities, voluntary social services organizations, national associations and universities. I've worked in the health care and education system throughout my career. Being a member of the TAC Board and sharing my 30 years of experience in the health field allows me to continue providing services and programs to better support the health and well-being of seniors in our community.

Marilyn Noble - I'm a community-based adult educator with a consulting practice that I call *People Link*. Some of you may know me as the founder of the annual *Nurturing Ourselves* conference on women's health and well-being, or as the community producer and host of the Rogers Television series, *Positive Parenting*. For the past decade, I've been a strong advocate of bullying reduction, both among children and youth and in the workplace. I've served as project coordinator and community co-chair for UNB's research team on workplace bullying, and have developed and taught two degree-credit courses at UNB: *Bridging Difference: Diversity and Inclusion in Adult Learning* and *The Respectful Workplace: Principles and Practices for Adult Educators*. I'm currently collaborating with colleagues in Gerontology at STU and Adult Education at UNB to explore how Baby Boomer women in New Brunswick are experiencing retirement and shaping their post-employment lives. In my spare time, I co-facilitate a Family Enrichment program for people who have been bullied at work (*Healing the Working Wounded*), participate actively in three book clubs, and am honing my drawing and digital photography skills. A committed lifelong learner, I am glad to be part of the Third Age Centre's educational program planning team.

Betty Ponder - I retired from UNB in 1993 after working in Bioengineering for three years and in invertebrate physiology for twenty five years as a research assistant. During that time I published

several research papers in peer reviewed journals. On retirement I followed with appreciation the contributions that the Third Age Centre has made, and continues to make, to the community. Being over eighty years of age myself, my interest centres on the concerns of 'the advanced aged' which may be somewhat different from those of the newly retired. At present I continue my interest in writing, skiing and bridge and of course family which now includes great-grandchildren.

Marie Sutcliffe - When dinosaurs roamed the land, I was a young girl who grew up wanting to be a teacher. Instead, I studied to work in an office which led to my first and favourite job as a bookkeeper, secretary/receptionist for a small university.

Years would pass before I would be a student myself, a mature student, married with 4 young children and working part time (over achiever). Beginning with nursing, I completed studies in gerontology, social work, human resource management and adult education, with related courses along the way (perpetual student).

Much of my career was in health care specializing in issues related to the elderly in the community and those living in facilities for the aged. As often happens, the advocate gains insights while advocating for a particular cause or group and therefore better able to serve. Other opportunities arose such as being a member of a committee to set up community hospice care, assisting seniors to document their life experiences, compiling a regional directory of services for seniors, developing services and programs, managing condominiums for the retired, etc. No matter what the task, the input of others with similar goals moved the effort forward.

Many years ago, I read an article entitled "*Try Everything Once*". Not humanly possible of course but inspiring enough to convince a person that as far as ones personal interests, variety indeed can be the spice of life. I have enjoyed satisfying years as a community volunteer coupled with fulfilling experiences in many activities which enriched my life.

And, yes, I did get to teach finally, at a college for seven years (tenacity).



Excellence in Aging Care Symposium 2012

September 26, 27, & 29

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

In late September, the York Care Centre is hosting its fifth *Symposium on Excellence in Aging Care*. This year the organizers have generously invited Third Age Centre members to attend any of the sessions that they choose at a cost of \$10.00 per session, payable at the door.

There will be more than a dozen presentations taking place over the course of the three day event, some in English and some in French.

A complete listing of the Symposium program and speakers is available at <http://yorkmanor.nb.ca/excellence-in-aging-care-symposium/> where you can download the brochure. Or you can call 506-453-3191.

Here are three sessions that might interest you

- **Dance Like a Butterfly**

Wednesday, September 26 @ 1:25pm

Lisa Hurd

This sensitive one-woman play by playwright Aviva Ravel is the story of Tillie Rheinblatt (played by Lisa Hurd), a spirited 85 year old woman who has always been fiercely independent and in love with life. We meet her as she is about to be discharged from hospital. It is a moment fraught with uncertainty as Tillie reluctantly comes to realize that she is no longer able to care for herself, and she will not be able to live the remaining years of her life entirely on her own terms. Tillie's story will make you laugh and it may make you cry - but it will not leave you unmoved!

- **The Honey Revolution—Healthy Aging**

Thursday, September 27 @ 2:00pm

Dr. Ron Fessenden, MD, MPH

Dr. Ron Fessenden, a retired physician from Colorado Springs, CO, will explain how blood sugar metabolism, sleep quality and overall health can be improved with the regular intake of pure honey. His book by the same title is causing a stir wherever it is read; people are actually finding documented improvement in health by commencing the regular intake of pure honey. This session will explain exactly how honey works in the human body.

- **In Jim's Shoes**

Friday, September 28 @ 10:00am

Jim Mann, Board Member, Alzheimer Society of Canada

Jim will share his personal journey with Alzheimer's disease and his involvement with the cause, his advocacy work and his passion for breaking down stereotypes and stigmas. To hear Jim speak can be so empowering for caregivers and persons living with Alzheimer's disease.



Coping And Adaptation In Later Life

Research Participants Needed

Coping and Adaptation in Later Life is a research project that is currently being conducted through the St. Thomas University Gerontology Department. They continue to seek individuals 65 years of age and over, that live in the greater Fredericton area, and are willing to answer questions about adaptation and positive functioning in later life. Volunteers will be asked to fill out a short questionnaire regarding the above mentioned topic, which will take approx 15-20 minutes to complete. A small number of participants will also be called for an interview at a later date that will take about an hour. The interview can be conducted wherever the participant prefers, and at a time convenient for them.

For more information about this study or to volunteer please contact the Research Assistant, Christa Blizzard, and provide your phone number & mailing address so the information pack can be sent to you.

Phone: 506-452-9596

E-mail: crcbaldwin@stu.ca

This study has been reviewed by, and received ethics clearance through, the St Thomas University Research Ethics Board.

When It Comes My Turn

Lyrics by David Myles

Chorus: I'm getting old but I'm not old yet

I'm already worried that I might forget

How to laugh, how to love

How to live, how to learn

I want to die with a smile when it comes my turn

I don't want to get weary, don't want to get bored

Don't want to get tired, walking down this road

I've seen that happen so many times

I just want to believe that its still worth trying

Chorus

But I know that it's easier said than done

And I ain't that different from anyone

I worry about my money, got bills that I can't pay

I swear I'm more like my father every day

Chorus

Maybe I'll start bowling, maybe I'll play bridge

Maybe I'll join a band with my own grandkids

I don't care if it kills me I'm gonna do what it takes

To keep some warmth in my heart and a smile on my face

Chorus

Fredericton born singer/songwriter David Myles took home first place in his category in three separate competitions (the International Songwriting Competition, the John Lennon Songwriting Contest, and the Great American Song Contest) for his song "When It Comes My Turn". His sincere lyrics resonate with people of all ages. David will once again be performing at the annual Harvest Jazz & Blues Festival taking place in Fredericton from Sept 11-16, 2012.

Transportation in Our Third Age: An Engineering and Policy Perspective

On April 26, Dr. Trevor Hanson, assistant professor in Civil Engineering at UNB, gave a very enthusiastic talk on transportation issues related to older adults. Part of his research involves studying the driving habits of New Brunswickers living in communities near Fredericton. The aim of transportation engineers is to meet human needs for mobility and safety.

Using old photographs, Trevor illustrated how we have become a "driving world" as local railways have been replaced with paved roads and automobile driving has become universal. Rural businesses and doctors' house calls have disappeared. Rural bus service is very limited so that people have to drive for shopping and medical appointments. Since the NB population is 50 % rural, this affects many people.

Urban areas have also seen more reliance on automobiles with development occurring away from downtown areas. Streets are now primarily for vehicle traffic with less concern for pedestrians and bicycles. Parking availability affects whether people drive or take city transit.

Trevor emphasized that good transportation policy should be based on actual data about what people really do and what they need. As people age or have medical problems, their driving ability generally declines. Some have proposed that older drivers have restricted driving licenses similar to young drivers. Trevor showed that drivers 25 years and under had far more fatal accidents than any other age group. A UNB study showed little change in the accident rate for older drivers up to the 81+ age group, which was slightly higher. Trevor's own study (of drivers from rural NB using GPS tracking systems) showed that older drivers restrict their own driving after dark and avoid highways unless the travel is essential. He suggested that license restrictions therefore may not be necessary.

Even with many seniors driving, there is clearly a need for alternatives to automobile driving, for example, when people cannot drive themselves or need to make frequent lengthy trips for medical appointments.

Trevor reviewed the roles of various government agencies. The Dept. of Transportation deals with infrastructure such as roads and bridges.

Municipalities look after local roads and transit systems within their boundaries. The Energy and Utilities Board regulates intercity buses, as well as fuel prices. Local service districts cannot raise taxes for transportation systems. The Economic and Social Inclusion Corp. (ESIC) represents 12 regions in NB and is currently studying transportation alternatives. Trevor noted that all these separate agencies can result in people working in isolation, unaware of the bigger picture and what others are doing.

There is a need for a planning and policy environment that allows alternatives to flourish. Trevor emphasized that acceptable transportation alternatives, accessible by all people are needed. One example of a successful new system is the Dial-a-Ride program in Charlotte County.

In response to a question about what to do next, Trevor said that the ESIC is planning a 2012 conference where transportation issues will be discussed. He, himself, is active in the Greater Geary Association, which has budgeted \$5000 for alternative transportation needs. Several in the audience commented about cities in Europe where transportation systems are much better integrated; for example, inter-city bus terminals are centrally located so that access to city buses is easy. In Edmonton you can telephone to have a bus pick you up at your numbered bus stop and take you to another numbered bus stop. In some cities, transit buses can lower an entry ramp to accommodate people in wheel chairs. Several in the audience wondered about the use of smaller city buses. It turns out that the costs of small and large buses are nearly the same. Trevor noted that people get concerned seeing nearly empty buses but are not so concerned that most cars have only one person in them.

The audience appreciated Trevor's enthusiasm and humor in presenting his talk and answering questions. This is an important topic that requires follow-up, since transportation issues will increase as the proportion of seniors in the population grows.

Article submitted by Bob Rogers, TAC member





New Links On The TAC Website

Music, Gardening

• The Association for Cultural Equity (ACE) is custodian of the Alan Lomax Archive, a priceless collection of recorded music, dance, and the spoken word. ACE is a charitable organization that freely disseminates thousands of recordings, photos and videos through educational partners, free online resources, and publishing partners. They repatriate artists' rights and royalties to their estates and families. If you plan to take in any performances at the Harvest Jazz & Blues Festival you will no doubt be listening to music with deep roots in the traditional music that is being preserved by ACE. Visit their website

<http://www.culturalequity.org/>

• Are you a gardener? Do you like to travel? Here is a website that helps you combine these two interests. A new website, Canada's Garden Route, will introduce you to the country's most magnificent gardens - from large feature gardens to tiny urban gems. Also included is a comprehensive list of garden-related events, destination garden centres, and Communities In Bloom as well as details of services offered at each garden (such as restaurants or gift shops on site and wheelchair accessibility). Planning ways to incorporate these beautiful gardens into next summer's travel itinerary could be a nice way to spend a stormy day this winter. Find Canada's Garden Route at www.canadagardenroute.ca

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 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" pages - they are organized in categories to make it easier for you to find senior related information that you might need. You will find the two websites described in this article under the "General Interest" category.

Palliative & End-of-Life Care

The *Parliamentary Committee on Palliative and Compassionate Care* (PCPCC) is dedicated to improving care for elderly, dying and vulnerable Canadians. The PCPCC is an ad-hoc organization whose membership shares the concerns of a growing number of Canadians about present levels of care available to an aging society and people with disabilities. The committee preoccupies itself with a series of distinct but related challenges, including: 1) A critical nationwide shortage of expertise and material resources in the fields of palliative, hospice, and home care; 2) Suicide prevention, pain control and the implications of an ongoing mental health crisis; 3) Elder abuse and; 4) Disability issues.

In a November 2011 report, the committee recommends changes to care delivery, pain control, funding, caregiver support, suicide prevention and dealing with elder abuse. The report also calls for a National Palliative and End-of-Life Care Strategy to ensure that all Canadians have reasonable access to, and acceptable standards for, end-of-life care. To see the full report and to learn more about this committee visit <http://pcpcc-cpspsc.com>



"25 Years of Gerontology at St. Thomas University: A Community Celebration"

Dr. Andy Achenbaum

Public Lecture and Reception

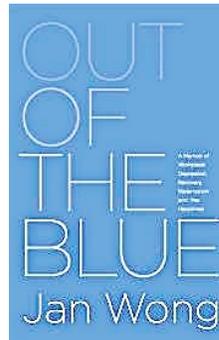
Wed, September 19, 2012, 4:00 pm - 5:30 pm
Kinsella Auditorium - McCain Hall, STU F'ton

In 1987 St. Thomas University established its Chair in Gerontology. Just four years later the Third Age Centre at STU came into being. The two have had a long history of co-operation and collaboration ever since. This year STU is celebrating "25 Years of Gerontology" and part of that celebration is a public lecture and reception on September 19th.

The lecture will be delivered by Dr. Andrew Achenbaum, a professor of history and social work in the Graduate College of Social Work at the University of Houston. He has previously been Visiting Chair in Gerontology at STU. Some of you may remember his presentation to the TAC membership during his time at STU titled "*Aging Through the Ages*" (Nov 2010).

Dr. Achenbaum is a prolific writer on gerontology and a past delegate to the White House Conference on Aging (1981, 1995). His life-long interest in gerontology ranges from spirituality to policy-making. His publications on the topic include *Shades of Gray* (1983), *Social Security* (1986), *Crossing Frontiers* (1995) and *Older Americans, Vital Communities* (2005).

All members of the Third Age Centre and the general public are invited. A reception will be held following the lecture. The event is free of charge.



Faculty Book Launch & Public Lecture

"Out of the Blue, a Memoir of Workplace Depression, Recovery, Redemption and, Yes, Happiness"
- by Jan Wong, STU Journalism Professor

Wednesday, September 26, 2012

7:00 pm - 9:00 pm

Kinsella Auditorium - McCain Hall, STU Fredericton

For twenty years, Jan Wong had been one of The Globe and Mail's best-known reporters. Then one day she turned in a story that set off a firestorm of controversy, including death threats, a unanimous denunciation by Parliament and a rebuke by her own newspaper. For the first time in her professional life, Wong fell into a severe clinical depression. Yet she resisted the diagnosis, refusing to believe she had a mental illness. As it turned out, so did her company and insurer. With wit, grace and insight, Wong tells the harrowing tale of her struggle with workplace-caused depression, and of her eventual emergence ... *Out of the Blue*.

"Jan Wong has clearly and accurately presented the history, signs and symptoms of depression and its underlying and associated pathological correlates. Her research is thorough and presented clearly. Bravo! Perhaps more importantly, she has painted an accurate and evocative portrait of a person trying to live a life with major depression. Jan Wong tells the story like a human being, in a way which will edify, disturb, or comfort the reader depending on who he or she is, but whatever that reader's detailed response, they'll be seriously engaged." - *Dr. Irvin Wolkoff, Toronto psychiatrist, writer and broadcaster.*

For more information about the book visit <http://www.janwong.ca/>

International Day of Older Persons Luncheon *(yes, luncheon!)*

Monday, October 1st, 2012

Grace Memorial Baptist Church

536 Northumberland St (corner of Northumberland & Connaught Sts), Fredericton

12:00 noon

For many years, on October 1st, the Third Age Centre has recognized the United Nations International Day of Older Persons by holding a breakfast. This year we plan to celebrate the day at a new time (12:00 noon) and a new location (Grace Memorial Baptist Church) - but we will have the same great cook, Marg Routledge, preparing a delicious meal for us!

And, as always, after the meal we will honour the recipients of the George Wakeling Award and the Logue Memorial Award. For over 20 years now the Third Age Centre has been presenting these awards in recognition of superior service provided by individuals and organizations that improves the lives of older adults in New Brunswick every day. This kind of dedication and commitment deserves to be recognized !

Arrive a bit early for music and conversation.

LUNCH WILL BE SERVED AT 12:00 NOON

→ **Please Register in Advance by Sept 27**

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

\$10 to cover costs - payable at the door



“The art of progress is to preserve order amid change, and to preserve change amid order”

- ALFRED NORTH WHITEHEAD, English philosopher