



NEWSLETTER

V.21 (2) January 2013

President's Letter

I hope that the holidays were a time for you to get together with friends and family.

In past years, TAC has celebrated the International Day of Older Persons on Oct. 1st with a breakfast but that format changed to a luncheon this year. Obviously, this was a very welcome change as evidenced by the excellent attendance. We were particularly excited to have His Honour Lieutenant-Governor Graydon Nicholas attend.

Increasingly, we receive requests related to research studies. With the shift in demographics toward an older population, there are many research questions that need to be answered. My own family is currently dealing with two very frail, elderly mothers who increasingly require care and we are grappling with a range of issues including physical and cognitive conditions, home care, institutional care, legal issues and ethical questions. Input from seniors on these research studies will help to provide answers and give direction to future policies and care practices. When the research is completed, we look forward to hearing the findings of these studies in public presentations to our members.

Over the past many years, the TAC board has been very fortunate that it has been able to direct all its energies to program planning and not have to devote time and energy to fund-raising. We have been able to function due to the generosity of an individual who gave a sizeable bequest many years ago. Now, the money from that bequest is beginning to dwindle and the board is faced with

the task of identifying new ways to replenish the coffers. To this end, we are beginning to explore new ways to raise money to meet our operating expenses in the future. If you or anyone you know has fund-raising ideas, we would welcome input into this process. Send your suggestions to ThirdAgeCentreIdeas@gmail.com

It is evident that the world is becoming much more technologically based. People are purchasing many items on the internet. Numerous contests and promotions rely on responses via Twitter, Facebook or email. I have heard that some cable and utility companies have stopped sending envelopes for bill payment because they expect people to do their banking electronically. Two financial institutions now charge their customers for paper statements and passbook updates and several others plan to follow suit in 2013. One way to get the computer skills that you need is to take advantage of the free courses offered at your local public library. For a schedule of classes contact reference services at 460-2800 (option 2) or ftonpub@gnb.ca

All the best for 2013 and I look forward to seeing you at our upcoming presentations.

Ada Rogers



International Day of Older Persons Luncheon

On December 14, 1990, the United Nations General Assembly voted to establish October 1st as the *International Day of Older Persons*. It is meant to raise awareness of issues affecting older persons and also to highlight the significant contributions that older adults make to society. For many years the Third Age Centre has marked the occasion by holding a breakfast. This year we held a very successful noon luncheon at Grace Memorial Baptist Church. Over 80 people attended including the Honourable Graydon Nicholas, Lieutenant-Governor of New Brunswick.

When taking on the role of Lieutenant-Governor, Graydon Nicholas made a commitment to promote lifelong learning. As part of that commitment he has been visiting seniors throughout the province. At the luncheon he related many enjoyable experiences he has had while visiting with seniors and shared some of their fascinating life stories. He encouraged everyone in the audience to share the stories of their own life experiences with family and friends - future generations will benefit from these words of advice from their elders.

The success of the luncheon was due to the efforts of a large team of people including TAC board member, Betty Ponder, who led the planning committee, chef extraordinaire Marg Routledge and her hard working crew of Betty Scovil, Gillian Liebenburg, Ruth Fowler, and Nancy Routledge.

An excellent meal shared with fellow TAC members, door prizes and a quiz all made for an enjoyable time. Our thanks to everyone who participated!

Shown (left to right) are Ada Rogers, TAC President, Sherman Palmer accepting the 2012 Logue Memorial Award on behalf of the Seniors' Resource Centre Saint John, Lieutenant-Governor Graydon Nicholas, and Sharon A. O'Brien accepting the 2012 George Wakeling Award.

(See this photo, and others, in colour on the TAC website "Awards" page - www.stu.ca/research/3rdage/awards)

2012 Merit Awards

One of the highlights of the October 1st event 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 2012 recipient of the George Wakeling Award (given to an individual) is Sharon O'Brien who has been working to improve the standards of compassionate care of the elderly for more than 50 years. Sharon's formal education includes nursing, social work and Certificates in Gerontology from STU and Teaching and Administration from McGill. Her many accomplishments over the years include developing the home care company, Senior Watch, and opening Care-Ed Learning Centre which trains in-home and special care home staff. Sharon has served on various local, provincial and national committees and currently serves on the NB Hospice Palliative Care board of directors.

The 2012 Logue Memorial Award (given to an organization) was presented to the Senior Resource Centre (SRC) of Saint John. Its president, Sherman Palmer, accepted the award and gave an overview of the work of the SRC which includes a variety of programs including flu shot clinics, help with income tax, and advising seniors about government programs.

Our congratulations again to these very worthy award recipients!



Two upcoming events from the Third Age Centre

Growing Older, More Creative, and More Playful

Thursday, January 24, 2013

Later life is a lot like adolescence: both present us with opportunities to explore our potential and our evolving identity, and both pose questions for us about where we turn for a sense of meaning and purpose. There's one major difference: now the clock is ticking! In our third age, we have a growing sense of our own limitations, and there is a certain internal pressure to "get it right while we still can".

In examining what helps to ensure a rewarding retirement, the landmark Harvard longitudinal study of adult development points to the importance of a good social network, rediscovery of playfulness, cultivation of creativity, and the pursuit of lifelong learning. Sounds pretty enticing, doesn't it? So come explore. The best is yet to be!

MARILYN NOBLE, facilitator for this event, is a community-based adult educator, visual artist, and budding digital photographer, with a keen interest in creativity in the later years.

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

Admission: \$5 Members ~ \$10 Non-Members ~ STU students free

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

Expanding the Volunteer Role in the Healthcare Setting: Older Adults as an Untapped Resource

Wednesday, February 20, 2013

Hospitals, specifically cancer and palliative care services, are moving toward the holistic model of person-centred care. This approach recognizes that emotional, spiritual, practical, psychological, physical, informational, and social care are as important as the individual's illness.

Volunteers can provide an invaluable service in the attempt to balance the system from a focus on illness and disease to understanding and treating the whole person throughout his or her experience with cancer (CPAC 2009). Given current financial and resource challenges, it is timely to further consider the role of volunteers in supporting patients, as well as healthcare staff and clinical programs. Volunteers can be an essential part of healthcare teams.

Speaker: Heather Moffatt, MSc - After obtaining her undergraduate degree in Molecular Biology from Bishop's University, and Masters degree in Cancer Biology from the University of Calgary, Heather is home in Fredericton studying Gerontology at STU. She hopes to be accepted to medical school following this degree.

This past summer she worked on a research project with the Psychosocial Oncology Site Team in Halifax with Cancer Care Nova Scotia. This presentation, based on a summary of the findings, will suggest ways that older adults can play a more responsible role as volunteers in the healthcare system.

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

Admission: \$5 Members ~ \$10 Non-Members ~ STU students free

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



Third Age Centre Hosts a “Timely” Topic

On November 8, 2012, Professor Jeffrey Webster, Visiting Chair in Gerontology at St. Thomas University, offered a presentation called “Time Is on Our Side: Time Perspective and Mental Health”.

We seldom feel our actual age, giving rise to the term “subjective time”. When we are children, we want to be older than we are, and as we grow older, we tend to think of ourselves as younger than our chronological age. The cross-over point between these two trends is generally around age 25, and the gap between our actual years and our self-image tends to be greater for women than for men. Ill health can make us “feel our age”, and there are both institutional and socio-cultural reminders that we are getting on in years.

Some people focus more on the past and some people live in the future. Balancing these perspectives makes for a happier, healthier life.

There are many reasons why people reminisce. Remembering past experiences can help to define who we are now and to solve current problems. Sharing stories and giving advice to family helps keep our family values and heritage alive. Reminiscence can reduce boredom. Care needs to be taken to avoid excessive dwelling on past events that cause bitterness, as this can lead to anxiety, neurosis and depression. It seems that as we age, we are better able to put past hurts into perspective and let go of them. Clearing up sources of anger and bitterness helps to put our lives in perspective and prepare for the end of life.

In our middle years, our orientation towards time begins to shift from “time since birth” to “time before death”. Among the images we hold for ourselves in the future are “feared selves” (states we wish to avoid) and “hoped for selves” (images of what we’d like to be and to achieve).

A future time perspective expresses itself in terms of perseverance, conscientiousness, and willingness to delay gratification. It also contributes to optimism, happiness, and longevity.

A balanced time perspective builds on the positive aspects of both past and future orientations. Looking forward helps us to keep trying new things and expanding our horizons. Looking back helps us to build a sense of meaning

and purpose and to consider what we’ve achieved. The balanced outlook lends itself to positive self-esteem, life satisfaction, happiness, cognitive flexibility, ego integrity, and wisdom.

To achieve a balanced time perspective, we would do well to combine hope, fun, and new interests and learning. A balanced time perspective includes: utilizing “biographical capital” (the rich history we’ve built, which we can draw upon as a resource), making positive plans for the future, and enjoying an expansive present (“stopping to smell the roses”).

Regarding present orientation, there are two cautionary states to avoid: Present Hedonistic (“If it feels good, do it” - a focus on the pleasures of the moment without regard for consequences) and Present Fatalistic (“I might as well, since nothing I do matters anyway” - a reckless approach).

There was a good discussion following Professor Webster’s talk bringing out the following points: reminiscing and imagining have been shown to activate some common areas of the brain; memory is malleable and selective, and can be coloured by mood; we can modify our memories, both consciously and unconsciously; when we alter our stories, we tend to do so as a reflection of the audiences with whom we are sharing them; when people are denied their own stories, it often arises from the repressive nature of the familial, community, or cultural context in which they find themselves.

RECOMMENDED READING:

- Edward T. Hall (1983), *The Dance of Life: The Other Dimension of Time*
- Claudia Hammond (2012), *Time Warped: Unlocking the Mysteries of Time Perception*
- Bodel Jonsson (1999), *Unwinding the Clock: Ten Thoughts on Our Relationship to Time*
- Stefan Klein (2009), *The Secret Pulse of Time: Making Sense of Life’s Scarcest Commodity*
- Stephan Rechtschaffen (1996), *Time Shifting: Creating More Time to Enjoy Your Life*
- Dorothy Rowe (1995), *Time on Our Side: Growing in Wisdom, Not Growing Old*
- Philip Zimbardo & John Boyd (2009), *The Time Paradox: The New Psychology of Time That Will Change Your Life*

~ Summary prepared by
Marilyn Noble and Bob Rogers

Two research projects of interest

People's Experiences of Placing a Family Member in Nursing Home

Seeking Research Participants

My name is Stephen Pidwysocky. I am a faculty member at St. Thomas University in Fredericton, NB, and a PhD student studying conflict analysis and resolution at Nova Southeastern University, located in Ft. Lauderdale, Florida.

For my PhD degree research, I am examining conflict in families resulting from placing a family member in a nursing home. My interest in this area arose from the three year process my family experienced when we were faced with the reality of placing my mother-in-law in a nursing home here in New Brunswick. My family experienced much conflict and realized that very few services are available to help families as they move through an often difficult and painful process. I am hoping that my research will help change this.

I realized that my family could not have been the only one to experience conflict in this situation. Therefore, I see my research as an opportunity for other people to share their wide ranging experiences with conflict as a result of nursing home placement. Through private interviews people can share their stories in a safe, comfortable environment. The interviews will be kept in strictest confidence and your identity will be closely protected.

If you are interested in participating in my research and/or have any questions about my research, please feel free to contact me at : 454-7479 or

stephenj@stu.ca

(This study has been reviewed by, and received clearance through, the St. Thomas University and Nova Southeastern University Research Ethics Boards.)

Submitted by Stephen Pidwysocky

A Study of Women's Experiences as Widows

Almost twenty years ago, in partnership with the Third Age Centre, Debbie van den Hoonaard, professor in the Gerontology Department at St. Thomas University, carried out an interview study of women's experiences as widows. Based on the study, she wrote *The Widowed Self: The Older Woman's Journey Through Widowhood*, published in 2001 by Wilfrid Laurier University Press.

Debbie is planning a new study to see how things have changed and how they have remained the same. She is interested in talking to women who are 60 years old or older, whose husbands have died within the last 1 to 10 years.

The interview would include: how your life has changed; how your relationships have changed; what kinds of things surprised you about being a widow; how you feel about living alone (if you do). All the interviews will be conducted on an individual basis at a time and place convenient for you.

There is no set time for the interview, nor is there a fixed set of questions for people to answer. Like a conversation, the interview can be as short or as long as you wish. You will be able to end the interview whenever you want.

Any information you share will be kept absolutely confidential. If you agree, the interview will be recorded, and later transcribed so that Debbie doesn't miss anything you say. She will be happy to send you a summary of the findings if you would like.

If you are interested in being interviewed, you may call and leave a message at (506) 460-0362 or email dkvdh@stu.ca . Debbie will get back to you as soon possible and then you can decide if you would like to be interviewed. Interviews will take place in February.

Submitted by Deborah van den Hoonaard

(Paid advertising)

Feldenkrais Awareness Through Movement Lessons Jan 9 - Feb 27, 2013

Carolyn Townsend, Certified Feldenkrais® Practitioner & Physiotherapist

6 Weekly Classes

Jan. 9, 16, 23, 30

Feb. 6, 13

1pm - 2:30pm

Cost \$65.00

8 Weekly Classes

Jan. 9, 16, 23, 30

Feb. 6, 13, 20, 27

1pm - 2:30pm

Cost \$75.00

To Register

Email ctown@nbnet.nb.ca

Or phone 506-459-8697

These lessons are specifically designed as an introduction to the basics of the Feldenkrais® Method. Each 45 - 60 minute lesson covers a different theme and will pleurably take you towards greater ease of movement and well-being.

You will quickly and easily learn how to:

- Move with Increased Ease & Comfort
- Walk more Efficiently
- Quickly Increase Your Flexibility
- Improve Stability & Balance
- Reduce Neuromuscular Pain & Discomfort
- Eliminate Unnecessary Tension
- Improve the Mobility of Your Neck & Shoulders
- Improve the Mobility of Your Back, Hip Joints & Legs
- Improve your overall Movement Efficiency
- Use Mental Imagery to Improve Movement

Home Care Physiotherapy

Do you need physiotherapy but have difficulty getting out?

A licensed physiotherapist with over 20 years experience will come to your home and provide physiotherapy in the privacy and convenience of your own home.

Contact: Karen Grotterod Physiotherapy

506-461-9906

kgmphysio@bellaliant.net



Restorative Yoga Classes

January 14 - February 29, 2013

Nancy Anderson, Yoga Teacher

Lokamotion Health Options

151 Main Street

Yoga for Physical Limitations Mondays, 12:30-1:45 pm

Whatever the reason for your physical limitation, be it from injury, surgery, illness, weight, or age, in this entry level class, you will do gentle, simplified yoga postures or yoga inspired variations. Every class ends with a guided relaxation. Ideal for anybody looking to reduce pain, improve balance, and increase overall mobility.

Restorative Hatha Yoga Tuesdays, 12:30 - 1:45 pm

Wednesdays, 5:30 - 6:45 pm

A gentle yoga class with personal adaptations where needed to meet the needs of individual conditions. Focus is on release and relaxation. Also, ideal for anybody looking to reduce pain, improve balance, and increase overall mobility.

7 Weekly Classes for \$80

To Register:

Contact Nancy at lavalee@nbnet.nb.ca or 453-1482.

Become a *Senior Mentor* at the New Community Food Centre

Submitted by Edee Klee



We were absolutely thrilled to have 31 members of the Third Age Centre attend the information session & tour of our new Community Food Centre in late November 2012.

In the short six months since our move, we've quickly discovered the most effective way to share our vision of transforming our services from a "hand out" into a "hand up" → invite people to see the new facility firsthand! It seems that everyone who visits us leaves with a new appreciation for the scope of our vision and just how well adapted this new facility is for Food Bank programs that address food security issues not only for our clients but the community as a whole.

Perhaps it's witnessing the scale and efficiency of the Food Distribution area or the welcoming style of the Clothing Boutique that broadens their understanding? Or maybe it's our new Customer Choice aisle where our clients can customize their monthly food hampers? Realization might occur while envisioning our new 3-workstation Teaching Kitchen, Community Gardens, Compost Demonstration site or Edible Landscapes & Forest trails. Whatever the catalyst, those who come here quickly realize the potential this new Community Food Centre will have to change lives.

But we can't do it alone. It takes an entire community including the invaluable wisdom of our senior population to make our vision a reality.

We need your assistance and input to create our *Senior Mentorship Program*. We are looking for folks who can cook from scratch and are creative at expanding what looks like food for four into a meal for ten. We're seeking folks who love to garden and want to share that knowledge. Or folks who can reveal the secrets of setting up a budget and sticking to it.

Maybe you have past experience as a teacher, an accountant, a carpenter or raised a large family on limited means. Perhaps you simply enjoy talking to people or have a talent for planning events, organizing, or fund-raising. Not all of our volunteer opportunities are physical in nature. Do you enjoy phone work? Or writing letters? If so, we can certainly use your talents.

For more information on how you can become part of this landmark undertaking towards a healthier, inclusive community, please contact the Fredericton Food Bank at 459-7461 or foodbank@nb.aibn.com Learn more about the Food Bank on their website www.frederictonfoodbank.com



On The Web

- **Sheridan Elder Research Centre (SERC)** in Oakville, Ontario, focuses on applied research with older adults with the ultimate goal of helping them age in place. SERC's research interests include creative and performing arts; learning in retirement; civic engagement; the built environment; aging in place; and product design. There are many useful resources on their website that are worth exploring <http://serc.sheridaninstitute.ca>

- **Better than sleeping pills?** Untreated sleep problems are one of the most frequently cited reasons for institutionalization of older adults with dementia. A team of researchers at the University of Alberta has described the benefits of non-pharmaceutical interventions for seniors. These include: bright light therapy; increased daytime activity; and passive body warming. '*Sleep: a critical but overlooked aspect of dementia management*' is a resource booklet that has been posted online with the goal of helping family members understand why restorative sleep is important, how simple things can cause big sleep problems for someone with dementia, and what you can do to help someone with dementia have better sleep. See the resources online at www.sleep-dementia-resources.ualberta.ca

WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE

- Anonymous

Transportation In Our Third Age - The Conversation Continues



Many of you will remember a Third Age Centre presentation held in April of 2012 titled *Transportation in Our Third Age: an Engineering and Policy Perspective* given by Trevor Hanson, PhD, P.Eng. The session explored the many issues surrounding the transportation needs of the older adult population in New Brunswick. Transportation is essential, but existing transportation systems often don't meet the personal needs of people who find it difficult or even impossible to drive. Few if any alternatives to driving exist outside of cities in our province.

Many members of the audience at the April event felt that the concerns raised at this talk were of great importance and required follow-up. In response to this, Dr. Trevor Hanson will speak to the TAC membership on March 27th with fresh results from his new research project on the transportation topic - watch for more detail as the date draws closer.

In June of 2012 a provincial conference on transportation issues was hosted by the *Economic and Social Inclusion Corporation* (ESIC). A report on the presentations and roundtable discussions that took place at that conference, written by Dr. Trevor Hanson, is now available online. To read this report titled **"Towards a Common Vision for Community Transportation in New Brunswick"** go to <http://www2.gnb.ca/content/dam/gnb/Departments/esic/pdf/TowardACommonVision.pdf>

You might also be interested in reading the results of Trevor's earlier research **"Understanding Travel: Lessons from a Travel Diary Study of Rural Older Drivers"** <http://www2.gnb.ca/content/dam/gnb/Departments/esic/pdf/TrevorHansonUNB.pdf>

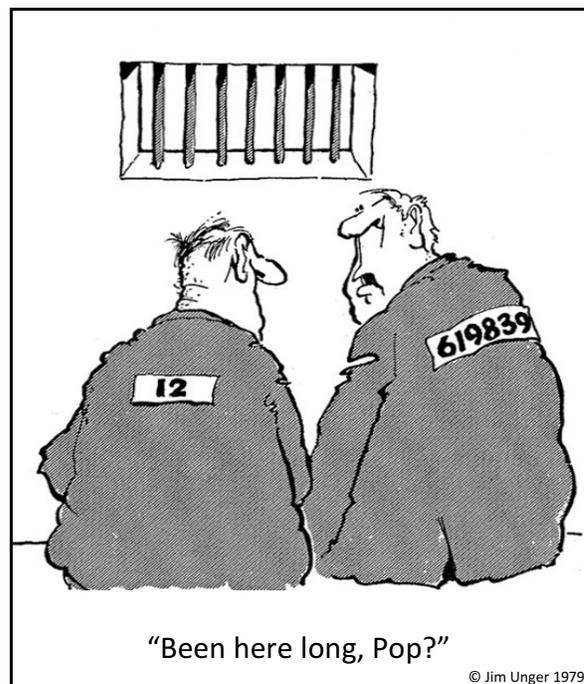
Who cares?

Caring for and providing assistance to family members very rarely involves prior training and often starts suddenly. While the caregiving role is critical for the well-being of the person being looked after, it also has a significant impact on the caregiver. Many caregivers fill multiple roles including spouse, parent, and employee in addition to their job as a caregiver.

If you are an informal caregiver to a family member or friend, you are not alone!

- ❖ Four to five million Canadians are providing informal care to a family member or friend
- ❖ 80 per cent of care needed by individuals with 'long-term conditions' is provided by families (estimated to be worth \$5 billion in unpaid labour annually to the health care system)
- ❖ Women 45 to 65 years of age provide the most care and 7 out of 10 in this age range are also in the work force
- ❖ Over 1/3 of caregivers report extra expenses due to their caregiving responsibilities. Two-thirds of these caregivers are spending more than \$100 per month on caregiving

Source: Canadian Caregiver Coalition



"So many tangles in life are ultimately hopeless that we have no appropriate sword other than laughter" - Gordon W. Allport