



NEWSLETTER

V.22 (1) September 2013

President's Letter

A most warm welcome back from summer days as we begin our 2013-2014 season for the Third Age Centre. As your new President, I hope that I can maintain the energy and commitment generated by Past President, Ada Rogers. In addition, I want to applaud returning Board members and welcome two new members, Eleanor McCloskey and Michele Madore, who will all be working toward bringing you some interesting presentations.

As our first newsletter comes your way, consider attending the annual *Excellence in Aging Care Symposium* from September 25 to 27, being held in the newly renovated facilities at Journey Wesleyan Church, 131 Duncan Lane. Although the Symposium takes place over three days, there are five sessions offered the afternoon of the 26th which will be of particular interest to many of our members, all at a reasonable cost. For more details, see our newsletter article (pg 5) and register as soon as possible. I will be on the reception desk to welcome you.

This newsletter also contains your invitation to our annual celebration of the *International Day of Older Persons* - a luncheon on October 1st that features the presentation of the TAC merit awards. On October 30th you can join a discussion on grandparents seeking access to grandchildren after the divorce or separation of the parents at a presentation titled *The Hidden Dilemma*. In the works for later in the fall is a talk by the STU Visiting Chair in Gerontology, Dr. Ed Helmes, whose main area of interest is stereotypes of aging.

Some of you may have viewed the recent CTV W5 program titled "Crisis in Care" which offered a

very forthright narrative on one possible aspect of living in certain facilities for the aged, and that is the increasing incidence of resident by resident assaults. Current investigation suggests that the rise in identified dementia coupled with a poor staff to resident ratio were two contributing factors for the increased number of incidents.

And, from the Gleaner, a more uplifting article about a Sackville firm which claims it has been working on a cancer cure since 2005. It hopes to speed up the marketing of its new drug by partnering with a larger firm in the near future.

Recently, your Board was excited to learn of the national award given to our STU student representative on the TAC Board, Heather Moffatt, for her research paper on caregiver burnout. Read more inside on this up and coming future leader in the field of Gerontology.

Marie Sutcliffe

Your Board of Directors for 2013-2014

Marie Sutcliffe (President)
Marilyn Noble (Vice President)
Ada Rogers (Past President)
Bob Fisher (Treasurer)
Heather Moffatt (Secretary)
Vicky Knight
Michele Madore
Sister Eleanor McCloskey
Betty Ponder
Bill Randall, Jr.

Meet the New Board Members

Michele Madore, PFP, CPCA is a Wealth Advisor with ScotiaMcLeod who has been working with individuals and families in the area of personal finance for almost three decades. In order to assist her clients with the many transitions that aging brings to them and their loved ones, as well as for personal interest reasons, Michele has obtained designation as a Professional Consultant on Aging. She became involved with the Third Age Centre in 2012 while seeking an organization that truly wants to improve peoples' lives through inclusion, education, communication, advocacy, and awareness as they relate to aging.

Sister Eleanor McCloskey, CND is a retired teacher and education professor (STU Fredericton) who currently works at facilitating retreats and workshops to groups and parishes. She has a B.Sc., Ed.M., and Masters in Pastoral Counseling, and currently serves as an advisor for the Diploma in Ministry Program, St. Francis Xavier University. In addition to teaching, her experience includes ten years in Campus Ministry at STU and extensive volunteer work with groups assisting breast cancer survivors. Eleanor is particularly interested in helping seniors with contemporary spirituality, enjoyment of leisure, developing imaginative ideas, and constant learning about our world.

Continuing to work for you on the Board

(a very brief description of lives fully lived and involved in community concerns)

➡ **Bob Fisher** earned his PhD from Australian National University and after 35 years in Forest Service, Bob has been redirecting his energy into various community organizations including Habitat for Humanity, Community Action Group on Homelessness, and Healthy & Aging Communities. The voice of reason in a discussion, Bob is a willing volunteer on our Board and its activities.

➡ **Vicky Knight** has gained extensive experience in the health and education systems throughout her long career. Her involvement in community organizations continues, along with volunteering to share her expertise at Board meetings, especially toward improving the well being of the aging senior in the community.

➡ **Marilyn Noble** To call her a "community-based educator" alone does not give due justice to this lifelong learner. Marilyn has held conferences on women's health, taught university credit courses, and produced a TV series on positive parenting. For the past decade, she has advocated against bullying in schools and in the workplace. More recently, Marilyn has been collaborating with colleagues in STU Gerontology on the subject of Baby Boomer women in retirement.

➡ **Betty Ponder** worked 25 years as a research assistant in invertebrate physiology and three in bioengineering at UNB, in that time publishing several research papers. Her retirement years have not been idle, what with varied personal interests, so we are fortunate she has decided to donate her time to the Board contributing her ideas and helping with monthly presentations.

➡ **Bill Randall** With a wealth of academic studies under his belt, Bill continues to focus on a narrative perspective of human development, which has come to be called "narrative gerontology". A lecturer with STU Gerontology, Bill has worked with other faculty to publish books and organize conferences on the subject of narrative. For many years Bill has contributed his ideas and enhanced our partnership with the university.

➡ **Ada Rogers** A nursing career which began in a Calgary hospital led her to Ghana, West Africa, a Master's degree in Nursing from UNB, National Gerontological Nurse certification, and 20 years with the UNB Faculty of Nursing in clinical and classroom instruction focusing on chronic health challenges and older adults. It is our good fortune to have received the benefit of her exceptional organizational skills and leadership.

➡ **Marie Sutcliffe** A career in nursing evolved into Gerontology, a study encompassing all areas of the aging process - physical and mental health, recreation, finance, spirituality, retirement planning, and end of life issues. Marie has been employed in numerous facilities for the aged, specializing in hospice care and community nursing. She looks forward to working with her great team on the Board and meeting more of the membership.



International Day of Older Persons Luncheon

Tuesday, October 1st, 2013

Grace Memorial Baptist Church

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

12:00 noon

Please join our annual celebration of the United Nations
International Day of Older Persons

As always, the highlight of this event is the presentation of the George Wakeling Award and the Logue Memorial Award. For 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.

Guest speaker: Heather Moffatt, will talk about "Brain Fitness" (see more detail below)

LUNCH WILL BE SERVED AT 12:00 NOON

→ Please RSVP by Sept 25

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

Door Prizes!

\$15 - payable at the door

➔ **Heather Moffatt Named "Future Leader in Gerontology"**

Our congratulations to Heather Moffatt, current STU student representative on the TAC Board, for being selected as a recipient of a national award by the Canadian Dementia Resource and Knowledge Exchange (CDRAKE) as a *Future Leader in Gerontology*. Her paper, detailing the prevalence of mental illness among female caregivers "*All in a Day's Work: Spousal Caregiver Depression - The Prevalence of Mental Illness in Female Dementia Caregivers*", has recently been published on the CDRAKE website - read it at <http://bit.ly/17DbewU>

Heather has taken an unusual path (Molecular Biology at Bishop's Univ, Cancer Biology graduate program at Univ of Calgary) to Gerontology at STU. After graduating from STU in December 2013, she plans to continue her research and focus on aging in relation to cancer. "I hope to give back to older adults from either a medical or research-based standpoint and help, in some small part, shed light on the process of aging and how to better that experience."

Meanwhile, you can see and hear Heather at our own *International Day of Older Persons* luncheon on Oct 1st. She will be giving a talk titled "Brain Fitness: The Functional Aspects of Cognitive Training". With a new focus on successful aging that endorses the 'use it or lose it' mentality for fending off physical and psychological decline, our older adult population has created public demand for more information on preventative strategies to delay cognitive deterioration - resulting in a swell of popularity related to "brain fitness" products. Heather's interactive overview will allow attendees to experience the excitement, and question the usefulness, of the newest brain training software available for older adults.

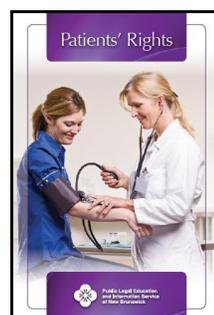
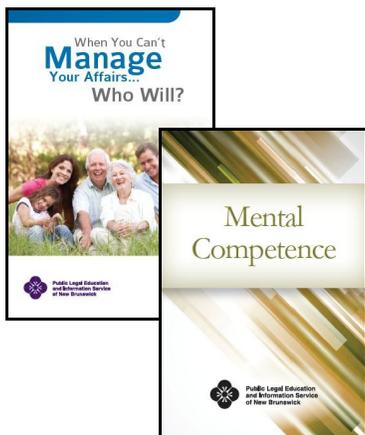
Three Useful New Publications

The Public Legal Education and Information Service of New Brunswick (PLEIS-NB) is offering three new publications that will help you to understand your legal rights. Two of the booklets deal with planning ahead, the other explains your rights as a patient of health care treatment.

"When You Can't Manage Your Affairs ... Who Will?" offers information and tips on informal options (e.g. the support of family, friends, community agencies) and formal options (e.g. consulting with professionals on how best to invest your money, pre-plan your funeral, or take legal actions such as creating a will & power of attorney) that you might wish to consider when planning ahead. The booklet emphasizes the importance of making these plans while you are mentally competent to do so. The companion booklet "Mental Competence" explains some of the legal consequences when an adult becomes mentally incompetent. This can be the result of disease or injury that impairs your ability to make sound decisions possibly leading to an inability to look after yourself or your affairs.

"Patients' Rights" provides an overview of some of the common questions and concerns that arise when individuals interact with their health care providers. These include consent to treatment, privacy rights, access to medical records, and how to make a complaint involving a health care provider. It also outlines your responsibilities as a patient.

The booklets can be viewed in PDF format on the PLEIS-NB website at www.legal-info-legale.nb.ca or you can request a paper copy by calling 506-453-5369 or by emailing pleisnb@web.ca



On The Web

Resource for Older-Driver Safety - The Canadian Association of Occupational Therapists (in partnership with the Public Health Agency of Canada) has developed a website and series of informational brochures in conjunction with its *National Blueprint for Injury Prevention in Older Drivers*. The aim is to enhance the capacity of older adults to maintain their fitness and ability to drive safely for as long as possible. Information for older drivers and their families includes; safe driving strategies, warning signs, community mobility, and driving retirement, along with links to a full copy of the *National Blueprint* and other resources. You can check out the "Older Drivers' Safety" website at www.olderdriversafety.ca

Fredericton Trails Coalition - If you attended the 2013 TAC Annual General Meeting in May, as part of the event you were treated to a visually stimulating presentation about the Fredericton trail system given by the Fredericton Trails Coalition. Did you know that they also maintain an interesting website with lots of photographs, news, and information to entice you outside to enjoy the trails? Click on www.frederictontrailscoalition.com

Stereotyping of Older Adults in Modern Societies - a new course offering at STU

Instructor: Dr. Edward Helmes
STU Visiting Chair in Gerontology
September - December 2013, Tuesdays 7:00 - 9:50 pm



Stereotypes of aging and older adults will form the core of the seminar, with excursions into prejudice and discrimination as appropriate. Aspects of ageism in the health care professions, stereotypes of older workers, and the issue of stereotype accuracy will also be covered. The topic of self-stereotypes and their role in fostering dependency will be explored.

Dr. Helmes is a Professor of Psychology at James Cook University, Australia, where he continues his research on older adults in the areas of neuropsychology and personality.

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.

Symposium on Excellence in Aging Care

September 25 to 27, 2013



The planning committee at York Care Centre has once again made available particular Symposium sessions at a very reasonable cost to Third Age Centre members.

On reviewing the calendar of events, the afternoon sessions on **Thursday, September the 26th** may be of specific interest to TAC members. A fee of **\$10** allows you to attend all five sessions and the refreshment break on the afternoon of Sept 26.

Thursday afternoon includes sessions on:

- ▶ how music can impact memory with astounding results 1:00 PM
- ▶ aligning medical treatment with ones personal goals 1:45 PM
refreshments 2:30 PM
- ▶ how narrative and music can positively affect dementia care 3:00 PM
- ▶ innovations in diagnosis and treatment of Parkinson's Disease 3:30 PM
- ▶ remaining as independent as possible in your home, what's new 4:00 PM

~ **Time:** Afternoon sessions on this day begin at one o'clock, however it is suggested you check in a half hour before if possible.

~ **Location:** Journey Wesleyan Church, 131 Duncan Lane, Fredericton (near St. Anne's Court). The church has a large level parking lot and the building is easily accessible.

To take advantage of this offer or for further information contact:
Marie Sutcliffe at slo4flt@nb.sympatico.ca or 472-4968 as soon as possible.

The entire three day Symposium is open to all interested persons at a cost of \$249.00. See the full Symposium brochure at <http://yorkfoundation.ca/> for more detail including speaker names & bios.

THE THIRD AGE CENTRE invites nominations for

~ The 2013 Logue Memorial Award: This award is given each year to honour an organization or group in New Brunswick that has made, for a number of years, a notable contribution to the improvement of the lives of older adults in the province.

~ The 2013 George Wakeling Award: This award is presented annually to an individual with a superior record of service to New Brunswick seniors. The award recipient will have performed outstanding work for seniors over a number of years. This work will exhibit dedication and commitment, as well as innovation and creativity. The lives of New Brunswick seniors will have been improved by the work of this individual.

Each of these awards will be presented at a luncheon on Tuesday, October 1st, organized by the Third Age Centre to commemorate the United Nation's International Day of Older Persons.

To nominate an organization or an individual, please forward a letter, outlining their contribution to seniors, to: Third Age Centre, St. Thomas University, Fredericton, NB, E3B 5G3

or email to: 3rdage@stu.ca

Please note: nominations must be received by September 11, 2013

The Transportation Quandary: Finding Acceptable Alternatives for Non-drivers in a Driving World

The regionalization of medical, shopping and other services in New Brunswick has been made possible by the high degree of mobility afforded by the automobile but what happens when someone loses access to their vehicle and their ability to drive? Can they still meet all of their basic needs? Are affordable and acceptable alternatives universally available to fill the gap? Clearly, as a province where approximately half of the population lives in rural areas, one might well ask how prepared New Brunswick is to address the needs and concerns of non-drivers in a driving world.

We invited **Dr. Trevor Hanson**, Prof. Engineer, Asst. Professor, UNB Department of Civil Engineering, to discuss these and other questions arising from his study of rural and community transportation needs. Then on March 27, we listened and learned about new developments in transportation in our province.

Transportation is recognized as a need for everyone and a key to overcoming poverty in New Brunswick, as elsewhere. Community transportation is needed for medical appointments, employment, after school programs, recreation and social services but no provincial policy exists. The Economic and Social Inclusion Network has identified lack of transportation as a barrier to inclusion for many NB residents. Local attempts to fill the gaps include volunteer drivers, organized carpools, local minibus services and informal ride share programs. Barriers include insurance providers, provincial regulations and transportation boards. Inclusion networks in many communities have initiatives in place, or contemplated, to provide these local services but provincial regulation has been maintained even though its financial support has ended.

Several attendees provided information on other efforts such as the Red Cross Seniors Services and the Portland Maine independent transportation network. Volunteers are needed but the systems must provide protection both for drivers and their clients.

More information is available in a report written by Dr. Trevor Hanson titled "Towards a Common Vision for Community Transportation in New Brunswick" - find it online at <http://www2.gnb.ca/content/dam/gnb/Departments/esic/pdf/TowardACommonVision.pdf>

Submitted by Bob Fisher, TAC Treasurer

Community Food Centre Update

Open House Sept 15

Our Teaching Kitchen renovations are now complete! Our food bank client U-Pick is in full swing with offerings from our on-site community gardens! Our used Clothing Boutique is set to open in September! Intrigued? Come for a tour at the new Greener Village Community Food Centre's

Open House/Open Farm Day NB

Sunday, **September 15th**, 11am - 4pm
686 Riverside Dr, Fredericton

Support our locally-sourced Fundraising Breakfast of blueberry pancakes, scrambled eggs and baked beans (\$5 per person – served from 11am-1pm). See first-hand the workings of our Food Bank Distribution Warehouse that serves over 860 monthly food hampers. Browse through our Used Clothing Boutique and support our food security-related programming and workshops with a purchase or two. Treat yourself to an ice-cream or sampling of local fare while strolling through our Community Gardens, Compost Demonstration Site, and Native Edible Tree & Shrub Garden.

The whole family is welcome! Join us for a great day filled with local food, music, activities for all ages and loads of fun! Go to our website for more details - www.frederictonfoodbank.com



*Submitted by Edee Klee
Fredericton Food Bank*

Support For Aging Parents of Children With a Disability

The New Brunswick Association For Community Living (NBACL) is a provincial non-profit organization that works on behalf of children and adults with an intellectual disability and their families.

The **Seniors United Network** (SUN) is for aging parents who have a son or daughter with a disability. The SUN group meets monthly for the purpose of networking with other parents and sharing information and resources. We have guest speakers on topics relevant to parents, and have socials and fun activities as well !

If you are interested in learning more about the SUN group, please contact:

Tiffany Bowering, NBACL Family Support Facilitator
453-4416, or tbowering@nbacl.nb.ca

Charitable Giving: Some common strategies

Charitable giving is a growing priority for many Canadians. This kind of support for charity is unprecedented in our history. Undoubtedly donor generosity and belief in community are primary motivators. Another important motivator is a series of tax incentives that began in 1996.

In introducing these incentives for charitable giving, the Federal government has given tax payers some choices about the amount of tax they pay. For example with the most recent incentives, it is possible to eliminate the tax on 75% of a donor's income. In the year of death and the year prior to death this figure jumps to 100% of income. I believe everyone should make a contribution to society, but the decision about where the contribution goes and how it gets there is up to the individual.

Here are some of the more common charitable donation options available.

Cash Donations – The most straightforward gift, whereby the donor receives an income tax credit for that year.

Gifts of Public Securities – is the gifting of publicly listed securities, such as stocks, bonds, and mutual funds to registered charities. A donor who sells the shares of appreciated securities, and then donates the cash, is taxed on capital gains. However, if that person donates those shares directly, the charity issues a tax receipt based on the fair market value of the securities. The donor gets full value for a tax credit without having to pay capital gains taxes.

Gifts of Registered (RRSP/RRIF) Assets - Efficient philanthropy can also be accomplished with RSPs where the donor names a charity as beneficiary of their registered plan. On death, the balance of the registered plan transfers directly to the charity and the estate receives a tax credit for the value on disposition. This can offset the tax on final income and effectively bypass probate fees. Flexibility is another advantage. The donor controls the RSP and, should circumstances necessitate a change, a new beneficiary can be designated.

Gifts via Insurance - Life insurance can also be used to fund donations. Individuals can name a charity as a beneficiary on a life insurance policy in part or in whole. If the donor transfers policy ownership, he/she will receive tax credits during life for each premium payment. Alternatively, donors who retain ownership of the policy can create a tax credit for their estates at death.

Philanthropy integrated with financial planning makes good sense but there are many options, so decisions should be made in concert with the specifics of your particular situation. Be sure to seek advice from qualified financial planning and tax planning professionals when determining charitable giving strategies.

Information and opinions contained herein have been compiled from sources believed reliable but no representation or warranty, expressed or implied, is made as to the accuracy or completeness.

Submitted by Michele Madore, TAC Board Member and Wealth Advisor with ScotiaMcLeod in Fredericton, NB

The Third Age Centre presents

The Hidden Dilemma - "When Can I Visit Grandma?"

Grandparents Seeking Access to Grandchildren after the Divorce or Separation of the Parents

- ▶ does biological relationship give one special consideration under the present law?
- ▶ Is there present legislation under which a grandparent may apply for visiting access?
- ▶ what is in the best interest of the child or children?

A panel of three professionals in law and mediation have generously given of their time to answer questions and explore this predicament. For many parents, separation or divorce generates a wide range of feelings, most of them emotionally negative. At this very time, possessions must be divided, financial arrangements made and custody of children awarded.

Present day statistics reveal that marriages have roughly a fifty/fifty chance of success. Not good odds. Many couples are choosing common law relationships and the very term "family" has changed to include single parent families, blended families, and those of same sex couples. Regardless, life altering circumstances within the family can necessitate protection under the law.

How might communication be improved between custodial parent and grandparents, in particular if the previous relationship was poor? Do support groups exist for grandparents seeking visiting access? Should legislation "force" a parent to grant visiting access?

You are invited to join us in a round table discussion of this timely and sensitive topic. Come with pertinent questions for our panel guests. If you wish, you may also drop your questions in the box at the door on arrival or during the refreshment break.

Wednesday, October 30, 2013

2 - 4 pm

STU Forest Hill Conference Centre, 368 Forest Hill Rd, Fredericton

Admission: \$5 Members ~ \$10 Non-Members ~ STU students free
Please register in advance by calling 452-0526 or email 3rdage@stu.ca