

## NEWSLETTER

V.22 (3) April 2014

### The Road Not Taken and Amanesis

Who has not read Robert Frost's poem, *The Road Not Taken*, and reflected on its meaning. Some say it may mean a coming of age for the young, one where a decision made can affect one's entire life. Others say that "somewhere ages and ages hence" one will recall that decision which "made all the difference" and which speaks to us in the Third Age.

That hesitation, that inability to foresee into the future, a road whose end was blocked by "undergrowth" presents a dilemma. Words like *path* and *forks in the road* have long been deep metaphors for a lifeline where we made a choice or left it to fate. The promise to return, the unlikelihood one will, ends with a sigh. A lifetime of decisions, layered one on top another confronts us in the end. Somehow, decisions and memories become intertwined as the first makes the other.

The process of remembering or recollecting is also known as "amanesis", the learning of truths veiled within us or self-realization. It is said that as we age, our memory for the long past is often more vivid than more recent years. When we relive a memory or share a remembrance, we tend to tuck it inside a story. Since memories can be joyful or painful, the memory is not only protected but in some cases, becomes more comprehensible.

I too made a decision last year, not profound but related to this, my last message as President. In a short time, I will have fulfilled one year as promised of the two year President's term and I must say it has been a revelation. After being a TAC member, then a Board member and now the President, I had an opportunity to get a glimpse behind the scenes and help with the production, if I may use another metaphor.

The Third Age Centre is coordinated by a fine

group on the volunteer Board who, together with your input, work hard to offer you fresh and interesting presentations or workshops. Working behind the curtain is Bev Andrews, who shies from the spotlight but is valued so much for the many unseen tasks which make our Centre function. As she retires this year, we owe her our grateful appreciation. And for those Board members who are also leaving, Ada Rogers, Marilyn Noble, Vicky Knight and Heather Moffatt, a sincere thank you.

Though I leave the Board, I will remain a member and explore other paths, perhaps finding there are no less travelled roads.

Enjoy a wonderful spring! (when it comes)

*Marie Sutcliffe, President*

#### ***The Road Not Taken***

*Two roads diverged in a yellow wood,  
 And sorry I could not travel both  
 And be one traveler, long I stood  
 And looked down one as far as I could  
 To where it bent in the undergrowth;*

*Then took the other, as just as fair,  
 And having perhaps the better claim  
 Because it was grassy and wanted wear,  
 Though as for that the passing there  
 Had worn them really about the same,*

*And both that morning equally lay  
 In leaves no step had trodden black.  
 Oh, I kept the first for another day!  
 Yet knowing how way leads on to way  
 I doubted if I should ever come back.*

*I shall be telling this with a sigh  
 Somewhere ages and ages hence:  
 Two roads diverged in a wood, and I,  
 I took the one less traveled by,  
 And that has made all the difference.*

~ Robert Frost



## Toll-free Information Line Launched for Drug Plan

*Wondering how the new provincial drug plan will affect you and your family?*

The provincial government has set up a toll-free telephone line to provide New Brunswickers with information on the new New Brunswick Drug Plan. Residents with questions about the plan are invited to call **1-855-540-7325**. The information line is being operated by Medavie Blue Cross, which is administering the drug plan on behalf of the government. The bilingual service is available between 8 a.m. and 5 p.m. from Monday to Friday.

In addition, the public can visit the Department of Health website for information on premiums for Phase 1, the drug formulary and frequently asked questions. Details are available at <http://www2.gnb.ca/content/gnb/en/corporate/promo/NBDrugPlan.html>

The plan will be implemented in two phases beginning on May 1, 2014 with the second phase beginning on April 1, 2015.



### Fire Safety Tips

To increase fire safety for older adults, the Fredericton Fire Department and the National Fire Protection Association offer the following guidelines:

#### » Keep it Low

If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. Make sure that smoke alarms are installed in every sleeping room and outside any sleeping areas. Have a telephone installed where you sleep in case of emergency. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time that it takes for the fire department to arrive.

#### » Sound the Alarm

The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.

#### » Do the Drill

Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you

live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.

#### » Open Up

Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside (some apartment and high-rise buildings have windows designed not to open). If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. These devices won't compromise your safety, but they will enable you to open the window from inside in the event of a fire. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.

#### » Stay Connected

Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.



Submitted by Cameron Dunn,  
Fire Inspector,  
Fredericton Fire Dept.

# Accessing Long Term Care

Thursday, April 24, 2014  
2- 4 pm

**Alesha Gaudet**, MSW, RSW, Long Term Care, NB Dept. of Social Development  
**Rosalind Petley**, Needs Assessment Specialist, NB Dept. of Social Development

This session will help you to understand  
the process of accessing long term care services by:

- describing the services provided by the Department of Social Development related to older adults
  - providing an understanding of nursing home options
  - explaining the process for accessing services
- explaining the process regarding a request for financial subsidy

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

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

Please register in advance by calling 452-0526 or email [3rdage@stu.ca](mailto:3rdage@stu.ca)

refreshments will be served

## Flower Power

A Massachusetts General Hospital and Harvard Medical School behavioural research study of the home ecology of flowers examined the effects that fresh-cut flowers have on people's moods, feelings and energy levels. The study revealed that after living with flowers for a week participants:

- felt an increase in compassion and kindness towards others
- had less worry and anxiety at home
- experienced a boost of energy, happiness and enthusiasm at work

Dr. Nancy Etcoff of the Harvard team said "As a psychologist, I'm particularly intrigued to find that people who live with flowers report fewer episodes of anxiety and depressed feelings. In all, our results suggest that flowers have a positive impact on our well being".

As if we needed another reason to look forward to gardening season !



## The Whiteboard

The *Household Emergency Information Guide* or "the Whiteboard" is a project of the Fredericton Police Force Senior Advisory Committee. This committee, formed in January 2013 and Chaired by Const. Duncan Lombard, includes representatives from the Golden Club, the Stepping Stone Senior Centre, Northside Seniors, the Third Age Centre, the Red Cross, and Shannex Fredericton.

The Whiteboard is a white plastic "magic" board on which seniors enter pertinent information about their health to help first responders in the event of an emergency. It has a "magic" pen and magnets on the back so that it can be placed on a metal fridge door.

To aid first responders, the Whiteboard will have your name and date of birth (age); your address and phone number to direct other helpers; contact phone numbers for family, friends or neighbours; your medicare number; relevant health conditions (such as diabetes, high blood pressure, heart disease, pacemaker, epilepsy, joint replacement, organ recipient, cancer patient). Your medications and dosage along with any allergies should also be included.

To help you in urgent but non-emergency situations other phone numbers are already listed on the bottom of the board including F'ton City Hall, F'ton Police Force, F'ton Fire Dept, Tele-Care Health Advice, the DECH, Chimo Crisis line, and NB Power Outages. All true emergencies for fire, police, or ambulance should call 911.

The committee also recommends that you should know how to turn off your main water supply in case of flooding, how to turn off your main power source in case of an electrical fire, and that you should have a key hidden outside so first responders can enter your home. To further protect yourself in emergencies you might consider acquiring a commercial personal help button pendant that is worn around your neck such as "Life Line".

If you are interested in obtaining a Whiteboard to use in your home, please contact Const. Duncan Lombard at [duncan.lombard@fredericton.ca](mailto:duncan.lombard@fredericton.ca) or the Third Age Centre at 452-0526 or [3rdage@stu.ca](mailto:3rdage@stu.ca). You will also have a chance to meet Const. Lombard & receive a Whiteboard at the TAC AGM on May 28<sup>th</sup>.

*Submitted by Sandy Macdonald, TAC Member*

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## Computers Help Bring Generations Together

For the grandparent who longs to rock little ones or proudly attend a school concert, establishing and maintaining bonds with grandchildren who live in another town, province, or even country can seem daunting at times. But technology is helping shrink distance among scattered family members.

Whether toddler or teen, this new generation more often than not uses the digital world to communicate. One of my daughters sends short video clips using her cell phone; another posts pictures on Facebook. Seeing the children in their everyday activities as well as special occasions helps this grandmother feel part of their lives. Perhaps we grandparents should return the favour and send pictures and videos of what *we* are doing.

In 2012, Microsoft Corporation and AARP released a report titled "Connecting Generations" which found that there is general agreement among all age groups that computers help families communicate. In each age group surveyed, at least 8 out of 10 considered going online to be "helpful" to communications. Not surprisingly, teenagers in particular felt communication improved in both quantity and quality with geographically distant family members. Once grandchildren become teens it is especially important we seniors learn our way around the popular social mediums.

We all, but especially the younger generation, are using social media to communicate even with those we see regularly. While old folks prefer email, the 13-25 year olds favour text messaging. It looks like I am going to have to get with it and exercise my thumbs!

In the meantime, for my 2 yr old and 4 yr old granddaughters, I will send cards and letters and continue Sunday morning phone calls with their entire household on speaker phone. The occasional ear-piercing shriek amid the family commotion is well-worth that feeling of being a part of the family.

*Submitted by Barb Scott,  
TAC Member*



## On The Web

### **Financial & Consumer Services Commission**

One of the main take-aways from the January 23rd Third Age Centre presentation titled *Investing & Financial Literacy* is the fact that the new *New Brunswick Financial & Consumer Services Commission (FCNB)* website is an excellent resource. This is a website that lives up to its claim of empowering you to make informed financial decisions.

If you purchase goods, services or financial products for your personal or household use then you are a consumer and this website has information on everything from gift cards, warranties, exchanges, and buying a vehicle to co-ops, credit unions, and insurance. Thinking more long term? Pensions, retirement planning, and investing are all covered. *The New Brunswick Securities Act* requires all investment advisors and firms to be registered with FCNB and it only takes a few seconds to search the list of registered dealers and advisors on the FCNB site. Other investing information includes how to choose and work with an advisor, types of investment scams, how to avoid investment fraud, and steps to take when making a complaint or reporting a concern.

Many useful resources, workbooks, and publications for free download or to order in print are available under every topic.

Find their easy to navigate website at [www.FCNB.ca](http://www.FCNB.ca) or use the link on the TAC website links page titled "Resource Websites".

the charlotte street arts centre

### **Celebrating Charlotte Street !**

In 2015, *Charlotte Street Arts Centre* will celebrate its 10th anniversary and the historic school it calls home. To help do that, we are searching for anyone with a connection to the school to share memories, photos, memorabilia and more. The 10th anniversary planning committee wants to hear your tales of learning and friendship, your school-yard memories of play, your teachers, and all your jump rope rhymes.

To get in touch please call **454.6952** or email us at [anniversary@charlottestreetarts.ca](mailto:anniversary@charlottestreetarts.ca)

*The Third Age Centre invites you to attend its 23<sup>rd</sup>*

# **Annual General Meeting**

Wednesday, May 28<sup>th</sup>, 2014  
2 pm  
STU Forest Hill Conference Centre,  
368 Forest Hill Road

Come to hear reports of TAC's activities, elect the new Board, discuss plans for the 2014-2015 program year, and enjoy refreshments and social time with your fellow TAC members.



## **Guest speaker: Jim Goltz**

Spring Finery: A celebration of wild birds of the St. John River Valley

*Wild birds lift our spirits throughout the year, but especially in the spring when they are adorned with their most brilliant colours and fill the air with their jubilant song. Learn more about some of the bird species that cohabit the St. John River Valley with us, as well as how to identify them and how to increase your chances of finding them.*

*~ Jim is a veterinary pathologist by profession and is a keen naturalist, with an insatiable curiosity to find and observe wildlife, and learn more about its role in the environment.*

*Also, Const. Duncan Lombard will be handing out "Whiteboards" (see page 4)*

***Everyone is Welcome!***

**Refreshments! ❖ Free Admission!**

Please RSVP to 452-0526 or [3rdage@stu.ca](mailto:3rdage@stu.ca)

## **The Third Age Centre Welcomes New Members**

By joining the Third Age Centre you become a member of an organization that will advance the cause of seniors in New Brunswick and enhance your quality of life through educational opportunities and awareness of issues important to seniors - all at a nominal cost.

Already a member? Why not recommend us to a friend?

Contact us at 452-0526 or [3rdage@stu.ca](mailto:3rdage@stu.ca)