



NEWSLETTER

V.22 (2) January 2014

President's Letter

We are delighted to offer you our first TAC newsletter of 2014 - every page put together with you in mind. As always, it is informative and (we hope) definitely a good read from front to back. So pour yourself a warm drink and enjoy.

Do you recall how you felt just before we entered the year 2000? In the media, there was uneasy speculation about what this turning point might mean for we earthlings. Others may have reflected on the wonder of crossing into the new unknown, while one foot lingered in the past. And now, years later, we automatically absorb each year as it comes, checking our age, reviewing our health and even making a new year resolution or two.

Although much humour may be poked at new year resolutions as such, consider the advantages of looking back and looking forward. I recall a counsellor responding to a regular client who felt hopeless, helpless and hapless. In one particular circular session he asked "How long do you want to feel this way?". In this case, he confronted her with a choice and offered assistance in modifying her thought process, taking control of her life and living it more fully.

An example of living life more fully came to mind recently when I attended the launch of the Eng{aged} PODCAST Series, developed by the Atlantic Institute on Aging. As individuals are interviewed and aspects of life shared, podcasts are released bi-weekly on topics important to seniors

and those interested in the field of aging. One cannot help but be inspired and even empowered by these discussions. To view the episodes released to date, visit the website: aginginstitute.ca/podcast/

One of the areas recognized by the Atlantic Institute is developing a holistic approach to wellness, in which we look at our life from all angles, and despite any limitations, build on the richness of our life experience. And remember, we all have wisdom to share.

"Come, Captain Age, with your sea chest full of treasure.

Under the yellow and wrinkled tarpaulin

Disclose the carved ivory and the sandalwood inlaid with pearl,

Riches of wisdom and years. "

Sarah H. Cleghorn, "In Green Winter"

Marie Sutcliffe



Newsletters On The TAC Website

Don't forget that all TAC newsletters, current and archived, are available to view online. Viewing online makes it easier to access web-based resources recommended in articles - just point & click.

Check it out at

<http://www.stu.ca/research/3rdage/newsletters>

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 to highlight the significant contributions that older adults make to society. Each year the Third Age Centre celebrates the occasion and Oct 1st, 2013 was no exception. More than 80 TAC members and guests enjoyed a full fall luncheon prepared by members of St. Francis of Assisi church.

The program included an interactive presentation by Heather Moffatt, STU gerontology student and TAC Board Member, who led us through “Brain Fitness Boot Camp” and armed us all with new preventative strategies to help delay cognitive impairment.

The success of the luncheon, held at Grace Memorial Baptist Church, was due to the efforts of a large team of people coordinated by TAC Board Member, Betty Ponder. An excellent meal shared with fellow TAC members, door prizes and a learning opportunity made for a very enjoyable time.

Our thanks to everyone who participated!

2013 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 2013 recipient of the *George Wakeling Award* (given to an individual) is Lois MacDougall who has been the guiding force behind the Fredericton Folks on Spokes for many years. Lois has welcomed, supported, and provided community for all members of this active 50+ bicycle group.

The 2013 *Logue Memorial Award* (given to an organization) was presented to the New Brunswick Association for Community Living (NBACL). NBACL is a provincial non-profit organization that works on behalf of children and adults with an intellectual disability and their families. Among their many programs, they provide education and support for aging parents who have a son or daughter with a disability.

Our congratulations once again to these very worthy award recipients!



← Shown are Joy Bacon (*left*), NBACL President, receiving the 2013 Logue Memorial Award on behalf of NBACL from Marie Sutcliffe, TAC President.



→ Shown are Lois MacDougall (*left*) accepting the 2013 George Wakeling Award from Marie Sutcliffe, TAC President.

Two Upcoming Events from the Third Age Centre

• Thurs, January 23, 2014

INVESTING & FINANCIAL LITERACY

Speaker: Marissa Rignanesi, FCNB (www.FCNB.ca)

Back to the Basics

- Why we spend - understanding what drives money decisions
- Find money you didn't know you had - tips for smart spending, saving, and budgeting
- Investment choices - an overview of the different asset classes and the types of investments in each

Working With Financial Professionals

- Setting expectations - what an investment advisor can and can't do
- Making the choice - how to find and choose the right advisor for you
- How much does it cost? Understanding financial advisor fees
- What's in a mutual fund? Understanding Mutual Fund fees and how this affects returns
- Understanding registration and how it protects you
- What if I have a problem? Steps to take when making a complaint or reporting a concern

We will also touch on elder investment fraud and additional consumer protection topics such as insurance, collection agencies, gift cards, buying a vehicle, and warranties.

• Thurs, February 13, 2014

MORE THAN MEETS THE EYE

Speaker: Dr. Richard Lee, Optometrist

Maturation of the Eye: After a quick tour of the anatomy of the eye and visual system, we'll learn about recent advancements in the diagnosis and treatment of **the big three:** glaucoma, cataracts, and macular degeneration. Also included will be information on the complexity of dry eye and how coexisting conditions may affect the eye. A final highlight will be the two most important things that you should know about your grandchildren and their eyes. The talk will be informal and interactive, with participants encouraged to ask questions.

Both of these events will take place

➔ 2-4 pm • STU Forest Hill Conference Centre (former Keddy's Motel), 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

Feldenkrais Learn to Move with Comfort and Ease, Jan - Feb 2014 Focusing on the Neck, Shoulders, Arms & Hands

Carolyn Townsend, Certified Feldenkrais® Practitioner & Physiotherapist

6 Weekly Classes

Wed. Jan. 15, 22, 29

Wed. Feb. 5, 12, 19

10am - 11:30am

Cost \$75.00

These lessons are specifically designed as an introduction to the basics of the Feldenkrais® Method. Each 30 - 45 minute lesson covers a different theme and will pleasurably take you towards greater ease of movement and well-being.

6 Weekly Classes

Sat. Jan. 18, 25

Sat. Feb. 1, 8, 15, 22

11am - 12:30pm

Cost \$75.00

You will quickly and easily learn how to:

- improve comfort and flexibility of your neck, shoulders, arms and hands.
- support your neck for comfortable sleeping.
- reduce any muscular & skeletal stiffness in the morning.
- reduce headaches.
- reduce habitual tension in your jaw.
- improve the dexterity of your hands.
- learn how improving the mobility & flexibility of your neck will improve your balance in standing & walking.

To Register

Email ctown@nbnet.nb.ca

Or phone 506-461-6898

New Information Line for Seniors

On Oct 1, 2013, Dorothy Shephard, provincial minister responsible for seniors, announced a new toll-free information line for seniors. "Seniors, their families and caregivers who call 1-855-550-0552 from anywhere in North America will receive information on government services and programs related to seniors" said Shephard.

The information line was established in response to concerns that older adults and their families have difficulty finding the relevant information they need to access the services available to them.

The toll-free line provides older adults with a traditional method of speaking one-on-one with qualified staff who will assist them in navigating their way through the various government departments and ensure they are connected to the right service provider for further assistance. Calls will be answered Monday to Friday, from 8 a.m. to 5 p.m. Messages can be left after hours and calls will be returned the following business day.

Toll-Free 1-855-550-0552



The Alzheimer Society's "Memory Café"

A cup of coffee and a friendly face

The Alzheimer's Café, an international concept that originated in the Netherlands in 1997, has started in Fredericton. The need for social supports for people with dementia, their families and caregivers is significant. The Café helps by providing that support in a safe, relaxed, social setting that also incorporates education and information for all who are affected by the disease.

The Café is held on the last Sunday of each month from 2-4 pm at the Saint John Anglican Church, 75 Main Street, with the next café being January 26th, 2014. Admission, coffee and snacks are all free.

For more information please contact:

Melanie Saulnier 506-459-4280 or

fredericton@alzheimernb.ca

Affordable Housing Day, Nov 21, 2013

offered an opportunity for over a hundred interested people to hear good news! Three local developers showed us, with a running slide presentation, their buildings that include affordable housing.

Brenda Prosen, General Manager of Community Services with the City of Vancouver, was our keynote speaker. She spoke with lively enthusiasm, humour and positive energy of her city's plan to end homelessness and their continuing progress towards this goal. Their strategy (2012-2021) includes efforts to (1) increase affordable housing (2) encourage housing mix and (3) attract strong leadership and support from partners. She said location is key, and it's important to bring people inside. *Go where people are, introduce people to living inside, and let go of limits (cars of possessions, pets, etc.) Start up a rent bank, have constant and random inspections of rents, hold feet-to-the-fire on safety issues (infestations, repairs). Resort to public shaming for non-compliance. Move from a charity model; housing is a right and does not have to be earned. Find ways to teach people to grow food, prepare food; put support systems in place.* Brenda shared success stories and fund-raising ideas. She was a dynamic presenter!

Tim Ross, local co-ordinator for Community Action Group on Homelessness, followed Brenda and spoke of a five-year plan to end homelessness in Fredericton. **The Road Home** is now in the works: see www.cagh.ca The invitation is out to anyone who wants to get involved. Tim said statistics show that the number of individuals using our city's shelters has steadily decreased in the past 5 years, but we need to continue to work on the causes of homelessness, not get stuck, develop more infrastructure and work together with vision and courage to eliminate homelessness.

-Eleanor McCloskey, CND
TAC Board Member



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

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

TAC's Oct 30, 2013 presentation focused on a dilemma, an often hidden dilemma because it may be too painful to share outside the family. One which some grandparents are unable to solve on their own. It's an ache which can last for years, through special occasions which would have included a grandchild or grandchildren. How did this happen?

When the parents decide to dissolve their relationship, one of them is granted custody, the other, visiting rights. What often follows is whether the grandparents have rights to access to their grandchildren in these circumstances?

Members of the audience who attended this presentation were able to share their stories and receive current information on the topic from a family law lawyer, Jennifer Donovan and former lawyer, now mediator, Tracy Houlding. In negotiating access, grandparents may consider the quality of past relationships with the custodial parents and child, age of children, distance, religious and cultural preferences, etc. But basically, legal expertise acknowledged that a) legislation is needed to assist the court to make judgement in cases of appeal by grandparents, b) a parent has primary responsibility and rights over their children and, finally, c) the best interest of the child or children takes priority in a court of law.

Starting a local support group with others in a similar situation can be comforting and informative. In addition, there is strength in numbers which can create public awareness and possibly give rise to future action on the subject of legislation. Participants, and other interested parties, are encouraged to seek counsel from a lawyer or mediator who specialize in this area, such as our guest speakers. Useful information (including publications and workshops) is available on the Public Legal Education and Information Service of New Brunswick (PLEIS-NB) website <http://www.legal-info-legale.nb.ca/en/> - look in the Family Law section.

Marie Sutcliffe, TAC President



Elderhostel (Road Scholar)

Some people appreciate holiday time spent under a palm tree contemplating the sea. Some people, however, are more interested in life-long learning adventures. These are *Elderhostel* people. The Elderhostel, a non-profit organization, got its start in 1974, begun by a travel enthusiast from the University of New Hampshire who was impressed by the youth hostel facilities he encountered when in Europe. So a learning program for the older folk was conceived that offered stimulating, not-for-credit classes on a wide variety of subjects with comfortable, inexpensive lodgings. These first years often took advantage of unused university dorms during the summer months, but by 1979 participant numbers had increased and mail-out cataloging was begun, year-round programs were in place, and accommodations had become more luxurious. Programs were designed to combine education with travel to foster experiential learning that offered an opportunity to discover the people, cultural environment, and history of the countries that were visited. In the beginning the age limit for participants was set at fifty-five or older. This age restriction has changed over the years and now rests at forty. Younger participants are welcome however if accompanied by an older member and inter-generational programs are now offered as well. The name change from *Elderhostel* to *Road Scholar* occurred around 2010, partly because baby-boomers who were coming on line had a strong aversion to the word 'elder'.

Today's Road Scholar programs include topics, format, and locations in every state in the U.S. and in 150 countries. Programs aboard ships, sailing vessels and waterways throughout the world are offered. When you express interest, which costs nothing, and which can be done by phone with a real voice, you will be sent three catalogues (Adventures Afloat, North America, and International) twice a year. These catalogues describe programs with dates and costs as well as a suggested fitness level for each. Registering for programs is always easy and efficient either online

or by phone, again with a living knowledgeable person. Road Scholar will help you plan plane reservations also. In the case of international programs, participants meet in a designated place - for instance, when you arrive in London you are met at the plane with the Road Scholar sign. So the group is assembled, usually small in number (e.g. around twenty). Throughout the program you are furnished with one or two guides who care for whatever needs arise.

In my experience Elderhostel (Road Scholar) is all it claims to be, an educational adventure - visiting Masai villages, riding elephants in pursuit of tigers, Tibetan compounds in Nepal, and game drives in Zambia where we were warned not to leave laundered undies on the tent ropes lest monkeys make off with them. Accommodations are varied but excellent, anything from tents with wooden floors to five star hotels. Food and water are carefully monitored so travel sickness seldom occurs.

There is a wealth of information available online www.road scholar.org or call toll free 877-426-8056.

*Submitted by Betty Ponder
TAC Board Member*

