

President's Message

Seasons Greetings and Best Wishes for a Happy and Healthy New Year to all Third Age Members.

After a wonderful warm autumn we are in winter, and this brings with it concerns for dealing with snow, ice and keeping safe. Our presentation with Alina Cress on "To Fall or Not to Fall" - on balance was very well attended.

The cornerstone of "Healthy Aging is Movement." This is not such an easy task during our winters. Here in Fredericton, we have indoor walking tracks around two indoor rinks—free of charge. There is also another option: Mall Walking.

Mall walking is not the latest craze, but it is an excellent mode of physical activity, especially for midlife and older adults. By its nature, mall walking is noncompetitive, non-judgmental and sociable, fostering an inclusive and welcoming environment in which older adults feel comfortable being active.

The advantages of the mall include:

- Weather—not too cold or hot, never inclement;
- Safety—Mall security staff and presence of others help alleviate fear of crime;
- Accessibility—Level surfaces helps reduce the risk of injury; and
- Availability of clean, well-lit restrooms. All of these factors make mall walking a plus.

We have all thought of senior living once we no longer wish, for whatever reason, to

live in our own homes. When it comes to categorizing senior living, there is not universal terminology. Here is what I found.

INDEPENDENT LIVING * Also known as retirement residence, seniors building. Geared to senior living with programs and recreational facilities. Care is minimal or provided on a fee-for-service basis. Residents might have an emergency call button or the option to pay extra for daily meal in the dining room or weekly housekeeping.

ASSISTED LIVING * Also known as independent supportive living, supportive living, enhanced care. Personal care, like bathing, dressing and toilet assistance, is provided to varying degrees for seniors who require it. There may be a nurse on staff. Meals are provided in the dining room.

MEMORY CARE * Also known as dementia care, Alzheimer's care. Offers enhanced security, care and specialized programming for seniors with dementia.

LONG-TERM CARE * Also known as nursing home, long term care facility, auxiliary hospital. The traditional old-age home offers 24 hour supervision and personal care with on-staff nurses.

This information was in Zoomer Magazine article by Lisa Bendall.

We look forward to seeing you in this coming year and welcome and ideas or information you may have.

~Donna Evans

Find Balance & Prevent Falling the Feldenkrais® Way

The Feldenkrais® Method
8 Week series of Feldenkrais® Lessons

**Instructor: Carolyn Townsend, Certified Feldenkrais®
Practitioner & Physiotherapist**

In these 8 gentle **Awareness Through Movement Lessons** you will experience some fundamental ideas that inform you about how it is to have balance, lose it and regain it again. We will also explore the relationship between falling & safety, risk, creativity, enhanced abilities and a life that is a little easier. No demands will be placed on you beyond your abilities.

These lessons are appropriate for all ages, beginners & those experienced with the Feldenkrais Method.

Wed. January 18 - March 8, 2017	or	Sat., January 21 - March 11, 2017
10am - 11:30am		11am - 12:30pm
Cost \$100		Cost \$100

For more information on the Feldenkrais® Method
go to www.lokamotion.ca, call 506-461-6898 or email
ctown@nbnet.nb.ca

Space is limited! Pre-registration is required.



Silver Series at URec!



Programs designed for older adults seeking to improve or maintain a healthy, vibrant and active lifestyle!

All programs are taught by certified fitness experts in a supportive environment. URec offer classes such as yoga, pilates and cycling as well as fitness and strength training!

URec also offers speciality programs for individuals who:

- are experiencing physical complications due to a chronic neurological condition
- have osteoporosis or osteoarthritis
- would like to participate in a post-cardiac rehab program



For more information, contact us at:
(506) 453.4579 or urec@unb.ca.
Find us at the Richard J. CURRIE CENTER

From Eleanor's Notebook....Learning Sessions

Since 1991, The **International Day of Older Persons** is observed on October 1 each year. The Third Age Centre at St. Thomas joined in the annual St. Thomas Alumni Reunion events this year; some of us attended the opening social evening in the Great Hall on Friday evening. On Saturday afternoon, we invited participants to a lively discussion on ***Aging: the Adventure***. Professor Bill Randall began the session with a presentation on writing our story (or parts of it): how to get started, some ways to proceed, and a review of potential benefits of this endeavor in our life journey. This was followed by some thoughts on the topic of ***Cultivating and Maintaining Humor, Play and Creativity***. It was an enjoyable time of sharing among those present.

Counting Sheep. On October 13, we hosted Tracey Aylward, Registered Polysomnographic Technologist and Respiratory Therapist, to speak to us about sleep disorders and sleep stages, and pass on some tips to assist in enjoying a good night's sleep. Tracey works at the Atlantic Sleep Centre in Saint John. She was joined by two technologists from the Fredericton Sleep Cen-

tre; they had a display table that included contemporary equipment prescribed to help with sleep apnea.

Downsizing was the topic for our November 17 program. Shelley Swift, from Gentlecame with her informative power point presentation to give us some suggestions on making decisions around moving from "larger to smaller." Participants raised some questions about finding resources to help dispose of "stuff" and this has led to our seeking further information which we hope to share with you in our newsletter.

To Fall or not to Fall: Balance Training for Older Adults was a very well-attended workshop on December 8. Alina Cress, Program Coordinator for UNB Recreational Services was our presenter. Alina is an excellent teacher, convinced that balance is an integral component of functionality and independent living. She put us through a few simple at-home exercises and shared valuable information to help us become more confident in our sitting posture, our standing and our walking.

~Eleanor McCloskey,
Vice-President TAC



Brenda LeJeune (left), who became a TAC Member at our Dec. 8th presentation, was the lucky winner of a draw on a basket of Christmas goodies. President **Donna Evans** (centre) and Vice-president **Eleanor McCloskey** presented a surprised Brenda with her prize. Photo courtesy of Michele Bedard.

Coming up...

Sharing Our Lives on Social Media: Etiquette, Privacy Concerns and Lots of Fun Stuff

January 18, 2017

Wednesday 2-4 pm

STU Conference Centre, 368 Forest Hill Road
Fredericton

Presenter: Sandi MacKinnon is Executive Director of Greater Fredericton Social Innovation, and has 15 years experience in international marketing in the information technology sector.

What is a hash tag? How do I post pictures on Facebook? We invite you to bring any and all questions and concerns and enjoy what promises to be a lively, engaging, and fun session.

Laughter for the Health of It

February 14, 2017

Tuesday, 2-4 pm

STU Conference Centre, 368 Forest Hill Road

Presenter: Barbara Cull-Wilby, PhD, MEd, BN is the founder of *Wholecare*. She is a grandmother, an award - winning author, and a Yoga teacher.

This session will entice us to giggle, to snort, to teehee, to lighten up and ponder such everyday topics as life, death and God. We will leave feeling inspired, creative, happy and healthy. Come and share in the fun!

**The Third Age Centre
St. Thomas University
Fredericton, N.B., E3B 5G3
Telephone: (506) 452-0526
Email: 3rdage@stu.ca**

“Changing the conversation on aging”