



Veronica Miller and Cecile LeBlanc (background) and Anne Doyle enjoy the stylings of Mark Lulham and Tony Scott.

Springtime Jazz at the AGM

Third Age Centre Annual General Meeting was held April 18 at the Parkland Fredericton (Shannex).

Officers for the coming year are: President, Donna Evans; Vice-President, Eleanor McCloskey; Secretary, Jane Asher and Treasurer, Marianne Mallia.

Marianne presented the Financial Report from 2017 and the budget for the coming year.

The President's Report is included with this current newsletter.

Mark Lulham and Tony Scott entertained while members present enjoyed fruit and snacks. We are exceedingly grateful to Parkland Fredericton for sponsoring the event. Penny Pacey, the Lifestyle Consultant at Parkland, is a TAC Board member.

Our next scheduled event will be on Thursday, June 7 at the STU Conference Centre when we welcome Paul Bowman from Bowman's Pharmacy to speak on "Safe Medication Use for Seniors."

We have no events planned for July and August.

March was Fraud Prevention Month

Third Age Centre arranged a workshop on *Security and Fraud for Seniors*. RCMP Sargent Andrea Gallant came on April 11 to lead us in a discussion of ways we can protect ourselves. We had a lively and well-informed audience who shared their experience and learning, to which Andrea added here and there.

Some tips worth noting included these:

1. Never give a VISA number online – use Paypal.
2. Keep car doors locked – when driving or parked.
3. Look for Area Code and phone no. – don't answer if unfamiliar.
4. Don't open emails if you don't recognize the sender.
5. Don't post on Facebook the times you will be away.
6. Always check into money requests. Beware grandparent scams and "big win" notices.
7. Some people have a security system at their home; some have a dog. Some rely on motion detectors.
8. Some still leave a light on and the radio playing when leaving home.
9. Report suspicious persons or vehicles.
10. A driver's license may be requested for ID or other verification, such as at Post office. It's usually a valid request, even for the number on it.

These tips reflect some of the shared wisdom I recorded at the session.

There was more!

—*Eleanor McCloskey*

HELP!

Third Age Centre has been providing ongoing education for seniors for 25 years. Board members are always seeking input from members with suggestions for workshops and helpful sessions. Please think of contacting us with YOUR ideas. You can reach us at 452-0526 or 3rdage@stu.ca

Have a great summer and we'll see you in September. Our fall schedule is a work in progress.



Summer Hours

Third Age Centre Office is closed during the summer months. Calls and emails will be checked and answered throughout July and August.

Telephone: 452-0526

Email: 3rdage@stu.ca

2017-2018 PRESIDENT'S REPORT

This report was delivered at the 2018 AGM by Jane Asber on behalf of President Donna Evans.

As you know, our mission is to support seniors in their efforts to maintain an active, healthy lifestyle, develop themselves and serve their communities. The Third Age Centre (TAC) promotes life-long learning and informed public discussion. Our education programs are the key element in achieving these objectives.

At last year's AGM, we asked for your suggestions for topics for the coming year. I am happy to report that we were able to find presenters for the most requested subjects and the sessions were well attended.

Education Program Summary

During our programming year, which runs from September to December, we offered several sessions to help us remain active and healthy.

1) In September, representatives from Horizon Health's audiology department talked about testing available to seniors at the Dr. Everett Chalmers Hospital, and insight into common hearing issues that occur with aging and the technology available to assist those with hearing loss.

2) Certified Travel Consultant Ramsay Anderson led a lively discussion on travel tips in October. When we retire we have time to enjoy more travel experiences and our members were able to contribute tips from their excursions.

3) Many seniors are living with arthritis. In November a representative of the Arthritis Society of New Brunswick offered tips to help manage this condition.

4) For the last three years, Alina Cress, from UNB's recreation department, who has concentrated her research on exercise for the older adult, has given a lively, science-based workshop on appropriate exercise to help older adults maintain mobility and balance. Her talk took place in December.

5) In January, working with the Public Legal Education and Information Service of New Brunswick (PLEIS), we tackled the complexities of Powers of Attorney and the new Advance Health Directives. This event enjoyed an especially high turnout. Everyone was provided with a tool kit from PLEIS and speaker handouts.

6) Winter inflicted mischief on our scheduling in February and March. We were able to reschedule both sessions. "Security and Fraud for Seniors" took place just last week and also drew a capacity attendance.

7) "Alternative Housing for Seniors" will take place May 3, in this same location. A great deal of interest has been shown in this event with Community Planner Daniel Savard.

8) We plan to conclude the programming year in June with a session by Pharmacist Paul Bowman on medications and their use. And our AGM ended with a little jazz.

Meeting with Dr. Michael Dawson, Assoc. VP Research, STU

In January, myself, Eleanor, Joan and Abby, our student representative, along with Dr. Bill Randall, former TAC board member, and Dr. Gary Kenyon, TAC founder, met with Dr. Michael Dawson, Associate Vice-President of Research at St. Thomas to discuss our relationship with STU. It was a very positive, productive meeting. Joan had done a great deal of background work to prepare us for the meeting.

Policy for Research Associates of the Third Age Centre

In March, the Board adopted a policy for Research Associates of the Third Age Centre. Applications will be evaluated on the merits of the research project and the relevance of the research topic to the mandate of the Third Age Centre. Successful applicants will be asked to present on their projects in public forums at the University.

2017-2018 President's Report continued

Networking

With Baby Boomers reaching retirement, the focus on issues related to mature adults is greater all the time. TAC is often contacted for input by local agencies and researchers and from across the country with increasing frequency. TAC is represented on several municipal and provincial bodies seeking input on senior issues.

We routinely forward requests for volunteers for research projects focused on older Canadians. Several of you chose to participate in one or more of these.

Thank you for helping further research.

I would like to thank my fellow Board members for all their support and efforts throughout the year and encourage others to volunteer at any time during the year. We are actively working to build the Board.

And I would like to thank you, our members, for your support of TAC throughout the year.

Respectfully submitted,
Donna Evans, President

You are cordially invited to attend a discussion
of
Safe Medication Use for Seniors
June 7, 2018
2-4pm
STU Conference Centre
368 Forest Hill Road
with
Pharmacist Paul Bowman

Members \$5, Non-members \$10 Please register at
3rdage@stu.ca or 452-0526

Spring into retirement at Parkland

With the weather getting warmer, days getting longer and the strains of winter behind us, there is no better time to make the move to Parkland Fredericton.

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Upcoming Event...

The Artistic Touch: A Display of Art Work by Local Seniors

The art show will be held at St. James Presbyterian Church (Hanwell), June 8 and 9, 2018.

A call is going out to local artists, age 50+, of all ability levels, to submit up to five pieces of original art work in any medium for display at the above event.

Artists are encouraged to be present during the public showing and are asked to contact either Nelleke Calder (455-1358 or toniswan75@gmail.com) or the Church Office (450-4031 or sjchurch@nbnet.nb.ca) for further information.

We encourage all participants to submit a list of their planned submissions together with their full name, address, phone number, short biography and the title and medium of their art work via email, please.

This event is for display only and it is not an art sale.

Deadline for submission of entries is May 15.

The event is open to the public and is free of charge.

In addition, the church is hosting two painting classes on June 9 from 10am-12pm and 12pm-2pm, led by Marianne Mallia, local artist and Board member of the Third Age Centre. Cost is \$5; supplies provided.

Anyone is invited to attend these sessions and space is limited. To reserve your place in one of the sessions please contact either Nelleke Calder (455-1358 or toniswan75@gmail.com) or the Church Office (450-4031 or sjchurch@nbnet.nb.ca) and leave your name and contact information.

Come and enjoy the event and support local senior artists. Grand Opening of the art show is Friday, June 8, 7-9 pm. Additional public viewing on Saturday, June 9 from 10 am to 4 pm. Refreshments will be provided.

***The Third Age Centre
St. Thomas University
“Changing the conversation on aging”***