



Greetings from the Board

The Third Age Centre is pleased to inform members we have a new Office Coordinator/manager. We welcomed Susan Michaud, who has already begun her work among us.

At our Board meeting of February, we offered our thanks, with gifts and blessing, to Barbara Scott, who has been our faithful co-worker for the past five years.



Susan Michaud, Barbara Scott, Eleanor McCloskey

We have had a lively, busy year at Third Age Centre and we hope to see many of our members next month at the AGM when new Board members will be introduced.

Happy Springtime!

Eleanor McCloskey, Acting President

February 28, 2019

Benefits of Animal Assisted Therapy,
presented by Ashley King, accompanied by her therapy dog, Roxy.

Ashley is currently the Chair of the Alzheimer Society of New Brunswick. She has experience in both community health and long term care concerns. With Roxy, she works three days a week at Mill Cove Nursing Home. Ashley is a promoter of narrative and music therapy as well as pet therapy. She speaks with confidence of the physical, emotional and social benefits of therapeutic approaches to seniors' needs, especially those affected by any forms of dementia. Members in attendance shared stories and asked relevant questions. Ashley's presence, and Roxy's, were much appreciated.
–Eleanor McCloskey.



Notice of Annual General Meeting

**AGM will be held at Shannex on Wednesday,
April 24th**

There will be a presentation by Team Mental Health, Your Mental Health Matters. Prevention and Intervention

Upcoming Events

[Facebook for Seniors](#) March 28/19

Stu Conference Centre 2-4 PM

[AGM](#) April 24/19

Fiddlehead Lounge, Governor Hall

Shannex (Thanks to Board Member Penny Pacey, and to Shannex, for providing a meeting space and refreshments.

[Death Expo](#) April 16/19

Stu Conference Centre

[Spring Into Wellness](#) April 27/19

Leo Hayes High School

3rd Age will have a table set up with information





Cannabis 101

Thursday, January 24, we welcomed Paul Bowman, local pharmacist, to share with us the latest evidence for the use of Cannabis in treating medical conditions. Eighty-five enthusiastic members were in attendance. We heard a great deal of information in a short time, including vocabulary (cannabinoids, THC, CBD) followed by the experience and questions of the people present. Much of what we can glean is from anecdotal shared evidence.

Medical cannabis has been available for several years. It is provided from licensed producers approved by Health Canada.

Patients require a medical document. Different strains of cannabis are available; different amounts are prescribed.

Cannabis is currently used for pain (not usually for headache), anxiety, muscle spasms (MS), sleep problems, and with chemotherapy. Many trials are underway. Edibles (including capsules) may be slow to take effect; persons who consume too much may end up in ER.

Cannabis oil is cheaper and usually takes effect in 2-4 hours.

A topical cream is available (or can be made with cannabis oil and cream).

A patient's response to cannabis may vary according to many factors. Side effects may be short-term or long-term.

The cost of cannabis varies. There is extra charge for delivery of online orders. (Paul has since sent us his power point presentation; it is available by calling our office. 452-0526 or emailing 3rdage@stu.ca)

- Eleanor McCloskey



DEATH EXPO 2019

STU Conference Centre

2-7 pm Exhibition Area Open

Educational Presentations:

2:00 pm Advance Health Care Directives

3:00 pm Wills & Power of Attorney: Q&A

4:00 pm Navigating the End of Life at Home

5:00 pm What is the Role of a Death Doula

6:00 pm Medical Perspectives - Dr. Jennifer Digby



16 2 pm to 7 pm
APRIL Free Admission
 Advance Care Planning Day in Canada

A first-of-its-kind event to share information & resources about end of life care

For more info: annemarie@hartfords.ca | 454-1298

The Third Age Centre
St. Thomas University
Fredericton, NB E3B 5G3
Phone: 452-0526
Email: 3rdage@stu.ca

Established in 1991, the Third Age Centre is a Registered Charity housed at St. Thomas University in Fredericton, New Brunswick. Directed by a volunteer Board, it operates on the principle of seniors helping seniors. The Centre's Goal is to support seniors' efforts to maintain an active healthy lifestyle, develop themselves, and serve their communities. TAC promotes life-long learning, informed public discussion, and inter-generational exchange between seniors and younger people.