



Greetings from the Board

Hello everyone! I am pleased to send warm greetings to you after these unique, long months at home.

Your Board met in August with social distancing to fulfil our Annual Meeting requirements. Kaely was back from holidays. Kaely has been diligent in keeping in touch with the membership. We have been concerned about your wellbeing with the pandemic.

You will have seen our survey with a Sept. 9 deadline. We needed to know how many of you are interested in virtual sessions this fall. We are continuing to seek out speakers and for now, speakers who can present by Zoom or other media.

Sr. Eleanor and Kaely have worked together to prepare this newsletter. My thanks to both of them.

Memberships are due in the fall. We ask for your response in order to cover our operating /ongoing expenses. A letter is being sent out with your renewal form. If you have friends who are interested in the Third Age, copy the form and pass it to them.

Board members and planning committee members are keeping in touch with Dr. Janice Keefe of Mount St. Vincent University in Halifax. We had enlisted her to be our keynote speaker at our conference this October 1. We have had to postpone to October 1, 2021 but understand Dr. Keefe is still interested in coming. The theme was to be "Ageism" but some other priorities have become evident during COVID, such as long term care. Let us know if you have a topic or speaker in mind.

Keep well. We miss you.

Nancy Wiggins, President, TAC

Health and Wellness 2020

Flu Shots during Covid-19

Well 2020 – what a year it has been, but here we are heading into another season of cold and flu in the coming weeks.

There will be some changes to the flu vaccine program this year – namely for the first year ever in NB all NB residents are eligible to receive a free flu vaccine.

Flu vaccination is important every year but never more so than this year amidst a global pandemic.

Given requirements to maintain social distancing how you receive your flu shot this year might look a little different than in years past but rest assured they will be available and are still our best line of defense against the seasonal flu.

We expect flu vaccine to arrive and be ready for use in NB around the first week in October – for further details of how to get your flu shot this year – it is best to contact your provider that has provided them to you in the past – whether that has been your pharmacist, doctor or nurse practitioner.

Wishing you all a safe and healthy fall and winter season among these uncertain times –*Paul Bowman*



Paul Bowman, November 27th 2019

International Day of Older Persons 2020

Since 1990, October 1 has been observed as International Day of Older Persons. (UNIDOP). The United Nations General Assembly sought to establish and promote an age inclusive agenda. Each year, specifics are addressed: rights of seniors, economic issues, health inequalities, housing, elder abuse, and more. The focus for 2020 is “*Pandemics: Do They Change How We Address Age and Ageing?*”

In Canada, as well as around the globe, we have seen the need for special concerns raised by the intrusion of COVID -19 into our lives. Changes are needed as we continue to respond. Preparation for future pandemics will be important. Policy changes are required, and assistance for older persons in recognizing their own abilities to contribute to their ongoing health and wellbeing. In this 30th anniversary year, UNIDOP will also promote a Decade of Healthy Ageing (2020-2030). To learn more, visit <https://www.un.org/development/desa/ageing/international-day-of-older-persons-homepage.html>.



Health and Wellness 2020

Masks and Hearing Difficulties

One of the particular difficulties we are finding with wearing face coverings (masks) during these months is that we can't read lips during conversation. We may not have realized how much we depend on seeing a speaker in order to hear and understand words.

So what can we do if we are aware we are not hearing well, even with the help of a hearing device?

1. If we inform others that we have difficulty hearing, they will understand and speak clearly, more slowly, and face us when they are speaking. We never speak from another room or outside hallway.
2. We might be able to reduce noise around us, choosing a quiet spot in a coffee shop or a chair away from the TV or noise from a dishwasher or fan, etc.
3. We could focus on the general theme of a conversation and not struggle to hear every single word. Sometimes we can fill in gaps a bit at a time.
4. We can be gentle with ourselves. If we are tired or anxious we may not do as well as when we are relaxed and easy.

And, what can we do to help a person who acknowledges hearing difficulty?

1. We can learn to project our voice, not shouting, but speaking our words clearly and distinctly, while facing a person. Seeing our face and gestures will give a hearer extra clues about what we are saying. We need to remember not to hold objects, or hands, in front of our mouth.

(Mask makes it more difficult, for sure, unless we are outside, or well-spaced and we can remove it).

2. We can repeat our words, if asked to do so. If a word or concept is particularly troublesome, we can offer to write it. (Sometimes words are new or unfamiliar).

3. We can show by our efforts that we value the person's presence and response to our conversation. (Material condensed from professional advice) - Eleanor McCloskey



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

**The Third Age Centre
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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.