



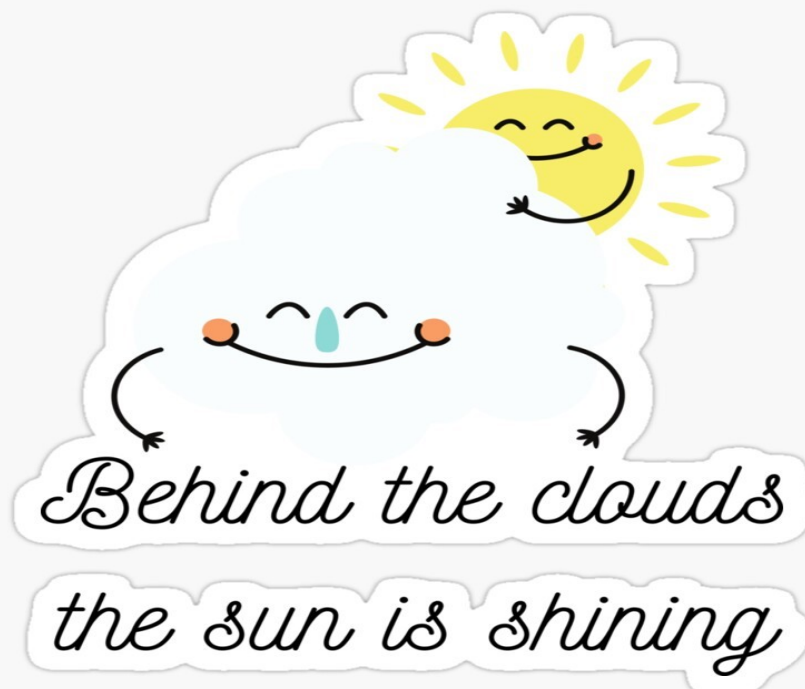
Greetings from the Board

We are welcoming Spring with enthusiasm. It is so nice to feel the warmth of the sun. There are lots of walkers on the trails now and they seem friendlier.

On April 1, we had a presentation from Alzheimer's NB and our Annual Meeting was held on April 28. Dr. Bill Randall was our special speaker. We hope you were able to participate. Your support is what keeps us going.

Get your vaccine and keep well.

Nancy Wiggins, Past President, TAC



Recent Presentations From the Third Age Centre

Seniors and Isolation. On February 25, Lyne Ouellet was our presenter in a ZOOM gathering. Lyne is a student in a Masters program; she is part of a research project developed by community members in Fredericton to study the concerns around social isolation and loneliness in Fredericton. Lyne shared insights from her research that includes interviews from local citizens as well as findings from further afield. Loneliness, financial worries, transportation, unrealistic visiting rules in nursing homes, and deprivation of physical touch were listed as hardships experienced. Health issues may arise: “If you’re constantly lonely, it’s harder to look after yourself.”

What helps? After a whole year of this experience in which we are told to stay apart from others, stay home, do without a social life, hide our face (literally), and be afraid?

The researcher shared that respondents said they found caring for a pet, having a hobby, walking outside (where possible), having a faith-life, using the telephone more, and learning new technology were on their list. Staying connected to family and friends called upon them to do that in new ways, and they were (mostly) pleasantly surprised. Several said they felt a desire to volunteer in some way and be useful; they reached out to organizations in their area. Lyne gave us contact information for groups and agencies in Fredericton seniors can access.

Wherever we live, we still have the challenge to be our best self .

-Eleanor McCloskey.

April 1, 2021 our Third Age Center guest presenter was Adrienne McNair, ASNB (Alzheimer Society New Brunswick). Adrienne is the First Link Coordinator for Greater Fredericton, Woodstock and Victoria-Carleton County Areas. The Fredericton office is still at 320 Maple Street. They ask visitors to call before coming in.

Adrienne spoke to us about the various programs and resources offered through ASNB. References provided include:

- (1) Support programs <https://alzheimer.ca/nb/en/help-support/programs-services/find-support-nb>
- (2) Counselling program <https://alzheimer.ca/nb/en/help-support/programs-services/tele-counselling-psychotherapy>
- (3) Seniors Advocacy Crew, located in Fredericton (1-800-465-1100) with a province-wide mandate.

Participants in our ZOOM session asked questions, which helped us all to learn more about Alzheimer’s and what kinds of help are available to patients and to caregivers.

Adrienne said statistics show that every three seconds someone somewhere develops some form of dementia.

- Eleanor McCloskey

Upcoming Conference October 1st 2021

Disrupting ageism-Debunking the myths of an Aging society

This presentation examines what Ageism looks like from the “inside-out” or Ageism at the individual, community, and the society levels. It will tackle the explicit and implicit examples of ageism and its consequences and provide evidence from the pandemic. Concrete solutions will be presented to begin the process of changing our inherent ageist attitudes, our misinformed assumptions and most importantly the policies and practices that negatively affect older people in our society

-Janice Keefe

OCTOBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Biography – Janice Keefe, PhD , Keynote Speaker for Conference

Janice Keefe is Professor and Chair of Family Studies and Gerontology at the Mount Saint Vincent University. She holds the Lena Isabel Jodrey Chair in Gerontology and is Director of the Nova Scotia Centre on Aging. Dr. Keefe is an Adjunct Professor with Dalhousie Medicine and Affiliate Scientist with Nova Scotia Health. She is Scientific Director of *Seniors: Adding Life to Years (SALTY)* a national team to improve the quality of life for residents in long term care in Canada (2016-21) and Lead Investigator on *How approaches to care shape the pathways of older adult home care clients* (2018-22) – both funded by the Canadian Institute of Health Research (CIHR). In addition to continuing care policies and practice, her research interests include family/friend caregivers and rural aging. She chaired the NS Ministerial Expert Panel on LTC and co-authored the Royal Society of Canada’s report on the future of LTC. Dr. Keefe teaches in the Masters and Undergraduate Programs in Family Studies and Gerontology and provides mentorship and supervision to many graduate students and post-doctoral fellows.

-Penny Pacey, Conference Committee



Time to be WISE IN 2021 Caring Adults Needed

Did you know that recent surveys estimate that at least 30 percent of millennials report feeling lonely all of the time, and that the pandemic is affecting their mental health?

Young adults appear to be less resilient and are finding it difficult to cope in this socially distanced new reality. Their dependence on technology for their interactions lacks immediacy, authenticity and warmth. Students are often living far away from family and restricted from socializing in person with peers.

You can help them cope and possibly help yourself in the process if you are able to spend a few minutes a week or more on the telephone with one or more younger adults. Matches will be made through a free community service called WISE. (Welcoming Interactions with Social Elders)

Phone calls, mentoring, sharing wisdom and life skills, teaching hobbies or crafts, providing advice, commiserating, exchanging humour and listening with a sympathetic ear are all encouraged.

The service is mutually beneficial. Your younger cohort may provide delivery services, dog walking, shovelling, gardening, small errands and chores and even minor home repairs (carpentry, electrical, plumbing)

There is a rigorous screening process and social distancing.

Please be WISE and reach out and help a younger person get through these difficult times. Call WISE at 506 261 6551 or send an email to adoptanelder@outlook.com and cheer up a lonely young person.

-Penny Pacey

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AGM - Third Age Centre – April 28, 2021

Participants at this year's AGM, our 30th year, were treated to a presentation from Dr. Bill Randall, Department of Gerontology at STU. Dr. Randall spoke on the topic of ***THINGS THAT MATTER: Resilience, Reminiscence and the Role of special objects in the stories of our lives.***

Bill was one of the initial supporters of Third Age Centre and he knows a lot about resilience after long fruitful years of research and writing. He just keeps going! Research on resilience has frequently focused on young persons; Bill is seeking to investigate what stimulates resilience in later life. He says engaging in reminiscence and a "life review" have been shown to lower the risk of depression in seniors. Also, a high level of resilience before the challenges of later life is linked to detailed and open stories (Bill said "thick" and "layered" stories) about one's life. Our stories sometimes have significant objects, as well as events, that are very meaningful to us.

Bill spoke with us about CIRN, Centre for Interdisciplinary Research on Narrative, and shared with us some of the work he and his associates are doing to explore these findings.

We thank Bill for stirring up in us a desire to reflect more deeply on what **we** value in **our** story. – Eleanor McCloskey, cnd

Things to ponder

1. When one door closes and another door opens, you are probably in prison.
2. I finally got eight hours of sleep. It took me three days, but whatever.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"

On the Lighter Side of Things

Springtime is a good time to enjoy a chuckle! We need to get those healthful and helpful endorphins flowing through our tired bones and bodies.

1. A friend had his second dose of the vaccine at the clinic, after which he began to have blurred vision on the way home. He called the clinic for advice and to ask if he should see a doctor or go to the hospital. He was told NOT to go to a doctor or to the hospital, but to return to the vaccination clinic and pick up his glasses.

2. I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

3. THE SENILITY PRAYER:

Grant me the senility to forget the people

I never liked anyway, the good fortune

to run into the ones I do, and the

eyesight to tell the difference.



**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.