



Newsletter

Fredericton - A Community for All Ages

Take our Age-Friendly Survey



Fredericton residents are invited to take our Age-Friendly Survey. The results will be used to create age-friendly policies and plans. Take the survey online or in person. Find out more at www.fredericton.ca/agefriendlysurvey.



Fredericton

City residents invited to participate in age-friendly survey

The City of Fredericton Age-Friendly Community Advisory Committee and its partners are inviting residents of the city to participate in an Age-Friendly Survey. Survey results will be used to help create age-friendly policies and plans for Fredericton. The online version of the survey can be found by visiting www.fredericton.ca/agefriendlysurvey. It takes about 20 minutes to complete the survey. Most questions need only a click to answer; comments are collected in the last section. For those who want to arrange an in-person survey interview, they can send an email to:

info@socialinnovationfredericton.com.

To speak to someone about the survey or do it over the phone please call Service Fredericton at 460-2020. They will forward your number to Greater Fredericton Social Innovation who will call you back and provide the assistance you require.

The survey will:

- help with long term decision-making on issues that affect us, on the part of elected officials, City staff, and the many non-profit organizations which continually work to make Fredericton a great city in which to live, work and play.
- provide a basis for ongoing public discussion about our concerns. As data from the survey is analyzed and important issues identified, the plan is to follow-up with community consultations and forums. This will provide ongoing clarity and help in the creation of an age-friendly action plan to ensure our needs are being met.

More information is available by visiting: www.fredericton.ca/agefriendlysurvey

The survey will run until March 29, 2018

Get Connected

A Directory of Seniors' Services and Activities
Age-Friendly Fredericton is excited to announce the publication of "Get Connected", a guide to seniors' services and activities in Fredericton and

area. This publication is made possible with the support of the City of Fredericton and with the assistance of a co-op student from Eastern College. Look for an announcement in the Senior Calendar Column in the Daily Gleaner and the City of Fredericton website telling you where to get your copy!

Prime Time Volunteers

The Prime Time Volunteer (PTV) Project has been a partnership with the City of Fredericton's Age-Friendly Community Advisory Committee and Volunteer Greater Fredericton (VGF).



At the launch of the new matching tool: Eric Megarity, Suzanne White, Mayor Mike O'Brien, and Carol Morrison

Initial project funding was provided through the New Horizons for Seniors Program. The PTV Project was designed to promote volunteering among boomers and seniors in the Greater Fredericton area. VGF will continue to promote volunteerism through the new on-line matching tool that can be found at:

www.connectfredericton.ca

This matching tool has been a collaborative effort with multiple partners including also the United Way Central NB, Centre Communautaire Sainte-Anne and the City of Fredericton. An official Launch of the On-Line Matching Tool was held on February 15, 2018.

Correction

The Golden Club meets at Christ Church (Parish Church), 803 Brunswick St., Fredericton, every Wednesday, not St. James as we stated in our last issue. We apologize for this error.

Seniors' Police Academy

The Fredericton Police Senior Advisory Committee initiated the idea of the Seniors' Police Academy. Constable Duncan Lombard designed and organized the program, selected speakers, contacted participants, and ran six outstanding sessions. The program included the following:

Week 1 - Tours of the Police Station from top to bottom and a tour of the Regional Communication Centre on the North side.

Week 2- Presentations by Constable R. Theriault on Forensic Identification Services and Constable S. Cliff on the Traffic Enforcement Unit and Tactical Emergency Medical Services.

Week 3- Presentations by Constable T. Sowers on the Explosive Disposal Unit and Sergeant R. Mooney on Polygraph testing.

Week 4- Presentations by Sergeant P. Baptiste on Underwater Recovery Team and Marine Unit and Mr. N. Baldwin on Communications.

Week 5- A demonstration by Constable A. Yerxa and Endzo of the Police Service Dog Team and a presentation by Ms. S. Saunders, Financial and Consumer Services, on Fraud and Scams.

Week 6- Presentations on Victim Services by Ms. S. Grogan, Youth at Risk by Ms. M. Harquail; and the Auxillary Police Force by Mr. T. Barton.



Graduation Day for Academy Participants

All presenters displayed an impressive knowledge and experience in their areas of expertise and specialty.

In their evaluations, the twenty-four participants expressed appreciation for being a part of the Academy. All agreed, the Academy was interesting, informative, and educational. Many went on to express

gratitude for the opportunity to meet and hear presentations by such a group of specialists and to hear of the work they perform within the Fredericton Police Force. Their dedication, skills, and passion for the work they do was clear in their presentations. They also showed a strong commitment to on-going professional development within their specialties. For some of these specialties, the commitment is 24/7 and they are called on for their expertise by other Police Forces inside and outside the Province.

The presence of Chief Leanne Fitch in two of the sessions showed her pride in the Police Force and interest in the Academy.

On behalf of the participants, I say a sincere thank you to Constable Duncan Lombard and all the presenters for a very successful Seniors' Police Academy. To all of the Fredericton Police Force, thank you for your commitment to "Serve and Protect" the citizens of Fredericton.

Madeleine Gaudet

With the increasing incidence of extreme weather events, it's important to know how to prepare in advance to keep yourself safe.

The Seniors EMO brochure is available by clicking on the following link:

<http://www.fredericton.ca/sites/default/files/public-safety/emo-seniors-safety-brochure-en.pdf>

CST. DUNCAN LOMBARD'S CRIME PREVENTION TIPS:

Fredericton Police Force

"Remember, it's your personal info scammers are after"

- Be aware that phone scam artists can be very creative with their pitch and use of technology.
- The scam will almost always involve a request for financial information, credit cards, bank accounts etc. This will be the Red Flag, danger ahead, going up.
- Never provide any personal or financial information.
- Do not continue the conversation, scam artists are very convincing.
- Treat all unknown callers the same way, hang up and report suspicious concerns to the police.

Check out the ***"Little Black Book of Scams"*** published by the Competition Bureau, Canada.

[http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/vwapj/Little-Black-Book-Scams-e.pdf/\\$file/Little-Black-Book-Scams-e.pdf](http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/vwapj/Little-Black-Book-Scams-e.pdf/$file/Little-Black-Book-Scams-e.pdf)

Want more info about a particular scam? Check out ***Snopes***, the oldest and largest fact-checking site on the Internet. <https://www.snopes.com/>

RESERVE THE DATE

2nd Annual, "Spring into Wellness: An Expo to Promote Healthy Aging" Saturday, April 28, 2018 at Leo Hayes High School, Fredericton North: 9-2:00 p.m.

Information Booths, "Try-It" Activities and Mini Lectures. FREE TO ATTENDEES ! Watch for more information in early April! Mark Your Calendar!

Tips on How to Better Serve Customers with Various Disabilities

Businesses are always looking for ways to better respond to customer needs in order to increase their market share. New Brunswick in general and Fredericton in particular have a large population of older adults and persons with different types of disabilities. All of them have to purchase goods and services at stores, restaurants, hotels, and other commercial outlets.

The Age-Friendly Community Advisory Committee has put together an information package with tips on how to better serve customers with different disabilities. Successfully getting their business can also bring in their families, friends, co-workers, and fellow convention participants to your business when they are able to find great customer service.

Ensure that your staff get to read this material to help train them with practical tips on appropriate ways to respond to customers with different types of disabilities. They want to be treated with dignity and respect like everyone else. Smiling and asking how can I help you would be the first step. Increase your business and increase your customer satisfaction levels by checking out the following

http://www.fredericton.ca/sites/default/files/recreation/serving_customers_with_disabilities_e.pdf

NB 72 HOUR EMERGENCY PREPAREDNESS GUIDE:

<http://www2.gnb.ca/content/dam/gnb/Departments/ps-sp/pdf/emo/2015-NB-EMObooklet-E.pdf>

You can have your say in what the Age-Friendly Community Advisory Committee will be doing by voicing your concerns, ideas, and comments to the group through any of its members, or by contacting us via email at: agefriendly@fredericton.ca

For more information, including the Seniors Directory, or our Identified Action Steps Towards an Age-Friendly Future for Fredericton, please visit: **City of Fredericton Age-Friendly web page:**

<http://www.fredericton.ca/en/city-hall/city-council-committees/committees/age-friendly-community-advisory-committee>