

# FREDERICTON AGE-FRIENDLY COMMUNITY ADVISORY COMMITTEE



Fall 2017

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# Newsletter

## Fredericton - A Community for All Ages



PRIME TIME BÉNÉVOLES  
VOLUNTEERS EN ACTION  
MAKE A DIFFERENCE FAIRE LA DIFFÉRENCE

### Update on the Volunteering Marketplace held on October 20 at the St. Thomas' Conference Centre

The Prime Time Volunteer project hosted a successful event on October 20th at the STU Conference Centre. Close to 100 seniors and boomers registered to attend and forty-four agencies registered to set up a display recruiting volunteers.

The boomers and seniors enjoyed a morning of presentations about the Prime Time Volunteer Project, the benefits of volunteering for older adults, what they can expect when they volunteer, and the responsibilities of volunteers. A panel of volunteers shared their volunteering experiences. Participants had an opportunity to complete a Volunteering Survey and participated in an exercise in preparation for the demonstration of Volunteer Greater Fredericton's Online Matching System. The matching system is shared with United Way, Centre communautaire Sainte-Anne, and the City of Fredericton.

In reporting on the Volunteering Survey, we must keep in mind that this group was not 100% representative of the community. Being a "volunteering" event, it could be assumed that the majority of those attending were open to volunteering.

Ninety percent of respondents reported that given a choice they would volunteer. Eighty-one percent indicated that they had volunteered, on average, close to 15 hours per month, in the last six months, and that they are involved with more than one organization. In some cases respondents said they volunteer with up to six organizations. Twenty-seven percent of respondents did not report any hours or are not currently volunteering.

The survey included two questions from a city-wide survey being planned by the Age-Friendly Community Advisory Committee to be conducted this winter. The questions asked what prevents the respondents from volunteering and what they know about what the community offers to those who do or want to volunteer.

Overall, respondents do not report experiencing many barriers to volunteering. However, 30% said that there are "no easy

ways to find information about volunteering."

On the question of what the community offers to those who want to volunteer, the most common response was "unsure." However, 76% of respondents are aware of "a wide range of volunteer activities to choose from."



Supporters of the Prime Time Volunteer Project include: from left to right: Anne Marie Hartford, Eric Megarity, Louis-Phillipe Albert, Vicky Knight, Carol Morrison, Madeleine Gaudet, Susanne White and Stéphane Sirois. Missing from the photo are Penny Pacey and Kathryn Baird.

In order to be able to assess the impact, if any, of the Prime Time Volunteer Project, the respondents were asked to provide their contact information for a follow-up and 87% complied. The follow-up will include those attending the Volunteering Marketplace and the not-for-profit organizations and will be part of the project's final report at the end of March 2018.

The Online Matching System is being populated by the volunteer organizations in the community and individuals can also upload their profiles. A community-wide launch of the System will happen in January 2018.

**CST. DUNCAN LOMBARD'S  
CRIME PREVENTION TIPS:**



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

1. An empty looking home is a vulnerable home.
2. Arrange for a family member or friend to keep an eye on your home while you are away, and to place the mail inside.
3. Suspend your newspaper delivery.
4. Arrange to have your driveway cleared in the winter or lawn mowed in the summer.
5. Purchase a timer to turn on/off lamps or lights.
6. Be aware, do not announce on Social Media or Voicemail that you are currently away.

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

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

**.... Good Neighbours - it starts with a smile ....**

**Announcing:  
"GET CONNECTED"**

**A Directory of Seniors' Services and Activities**

Release date: January, 2018

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 Column in the Daily Gleaner and the City of Fredericton website telling you where to get your copy!

**The Fredericton Golden Club**

The Fredericton Golden Club began on May 1st, 1986 as the Kiwanis K club but gave up its charter May 5th 1995 to become the Fredericton Golden Club and keep all our assets and donations local. We are currently 110 seniors, (over 65) men all retired who raise funds like a service club through our dues, weekly donations and projects. We support the Kiwanis Club North by helping to sell Christmas trees and cheese around the holiday season. We supply five bursaries to the three high schools for deserving students. We also donate to the Fredericton Food Bank, the Fredericton Community kitchen, the Boy Scouts and sponsor children to attend camp at Science East. We help with the Devon Middle School breakfast program, the Kiwanis key leader

program and supplied 100 plaques to the graduates of the Portage Atlantic youth drug treatment facility in Sussex, NB.

Our Choral group, called the Golden Club Singers, also raises funds by "sing-outs" at various nursing homes, Meals on Wheels, the Annual Gagetown fair and the McAdam Train Station. On Remembrance day our singers lead the singing at the Cenotaph and go to the Fredericton Legion for an annual Christmas party.

We all meet at St. James Anglican church every Wednesday a.m. for coffee, conversation and a short business meeting with a major speaker. Our motto is "We Befriend."

*Sandy Macdonald.*

**How to Serve Customers With a Disability:**

The population demographics for Fredericton show a very high number of persons living with a disability and many older adults may also develop a disability through aging. These individuals shop and go out to eat along with their families and friends and they represent a large potential customer base.

Find out how best to serve them by checking out the information gathered by the Age-Friendly Community Advisory Committee at [http://www.fredericton.ca/sites/default/files/recreation/serving\\_customers\\_with\\_disabilities\\_e.pdf](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](mailto: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>