



Newsletter

Fredericton - A Community for All Ages

“Tell us about a typical day in your life, and what particular moment in that day got in the way of it being a great day...”

As part of the Real-Time Census Dashboard team of the City of Fredericton’s Smart Cities Initiative, Seb Salazar and Rob Lunn participated in ‘A Day for Action’ which was recently held at the St. Thomas University Conference Center. Participants were asked the following question: ***Tell us about a typical day in your life, and what particular moment in that day got in the way of it being a great day...”***

The answers gathered ranged from problems with the amount, access and quality of green spaces; a need for more benches and information on amenities that can be accessed by the trail system; the unreliability of public transit; a lack of activities for seniors and immigrants to socialize and meet people in order to overcome social isolation; difficulties for immigrants in recognizing their foreign professional credentials; a lack of information on local organizations and their events; and a lack of recycling bins in the Farmers’ Market and along the trails.

Some of these issues identified might be addressed through the Smarts Cities Initiative, such as the more accurate, widespread, and user-friendly provision of information on organizations and the activities that are going on and which users they are meant for.

Now your feedback is wanted - If you would like to send us your comments to the question shown above, please email sebastians@fredericton.ca or call Seb at 460-2112.

Intergenerational Housing Initiative.

The Ville Co-operative is looking into a new initiative - Intergenerational Housing Initiative. A proposed project that would have students and seniors living together in a mutually-beneficial manner.

Next Steps – to make this initiative a reality, a feasibility study is being conducted. A keen class of marketing students at New Brunswick Community College (NBCC) are taking on the task of deciding on an appropriate neighbourhood to launch the pilot in first, determining the needs and wants of both seniors and students, and they need your help!!

Between October 22 – November 16, the students

will be distributing surveys and holding focus discussions. If you would like to take part they would love to hear from you.

Contact:
Stacey Coffey (NBCC Instructor)
(506) 453-6827
Stacey.coffey@nbcc.ca

The Ville Co-operative
(506) 472-7799
info@theville.ca

City of Fredericton Creates High Priority Disaster Response Registry

Do you rely on assistive devices to manage your health conditions? Do you ever wonder how you would cope if the area where you live were affected by a hurricane, flood, lightning strike, downed power lines, urban forest fire, chemical spill, natural gas leak, earthquake, extreme heat or extreme cold, terrorist event, or emergency police lockdown?

Mindful of the disproportionate impact of such civic emergencies on people with mobility, sensory, or cognitive impairments, the City of Fredericton's Emergency Measures Organization, with input from the Age-Friendly Fredericton Advisory Committee, has undertaken the establishment of a High Priority Disaster Response Registry.

Preliminary research and consultation with other jurisdictions in the country (in particular, British Columbia, which has an excellent system in place) has been undertaken. A mock web site has been created and Safety Services staff have been testing and modifying the site to make it as user friendly as possible.

The City's next steps will be to engage with organizations that serve vulnerable populations to familiarize them with the site and to seek their assistance in identifying potential registrants. A comprehensive communication plan will be developed.

It is the City's intention to have the site up and running before year end or as early in 2019 as possible. When the system is ready to go live, people will be encouraged to self-register. Staff from the 911 centre will screen each application in order to make sure the registrant meets the registry criteria and will then notify the registrant accordingly. All personal information will be kept strictly confidential, accessible only to 911 operators and EMO personnel.

The registry will be linked to GPS so that emergency staff will be able to pinpoint exactly who is in an affected area and to ensure prompt and effective response to ensure their safety. The 911 communication centre has backup power and safety systems in place to ensure their ability to communicate during an emergency.

Meals on Wheels On the Move

We are very pleased to tell you that we have moved! We have recently taken over a commercial kitchen to prepare our own meals as it has been challenging for our administrative staff to be in two separate locations. After being at the Victoria Health Centre for 3 decades, we decided it would be best for us to move into our new kitchen located at 880 Hanwell Road (where Locavore Foods used to be). This big step will allow us to build capacity to prepare additional meals above the 200 meals already provided by the Dr. Everett Chalmers Regional Hospital and York Care

Centre each day. Thank you so much to our amazing volunteers who have been helping us get settled by moving shelves, relocating equipment, putting in windows and walls, crack filling, painting, and the list goes on and on. We are hoping for a smooth transition with our computer systems and won't have any interruption in our ability to communicate with clients and volunteers. We look forward to serving the community from our new kitchen and thank everyone who has helped make this possible!



Betty Daniels, Carol Lya Hall, and Kathy Astle preparing the day's deliveries.

photo: Alex Oldfield

Third Age Centre

On November 14th, The Third Age Centre will host a public talk by Dr. Deborah van den Hoonaard at the St. Thomas Conference Centre beginning at 2pm on Widowhood. It is based on her most recent research which is an update on her work published in *The Widowed Self: The Older Woman's Journey through Widowhood*, (2001 by Wilfrid Laurier University Press). Her research interviews widows to see how women have navigated their lives after their husbands died rather than focusing on grief.

The Third Age presents a series of public information sessions annually between September and June to support seniors' efforts to maintain an active healthy lifestyle, develop themselves, and serve their communities. The fall set will conclude in December with a presentation by the UNB Recreation Department on exercise for older adults.

Established in 1991, the Third Age Centre is a Registered Charity housed at St. Thomas University. It is directed by a volunteer Board and operates on the principle of seniors helping seniors.

New members are welcome at any time during the year and the public presentations are open to all. For more information on any upcoming information sessions, please contact the office at 452-0526 or 3rdage@stu.ca.

The Stepping Stone Senior Centre Programs and Events for October, November and December.

All are open to the public. Everyone is Welcome!

Oct. 26- 11:30pm - Potluck Lunch

Oct.31st- 1:30pm - Halloween Party

Nov. 3 - 8:00am to 10:30am - Breakfast

Nov. 7- 1:30 pm- Forum- Remembrance Day Program

Nov 14- 9:00 am to 1:00 pm- Wellness Fair

Nov. 14- 2:00 pm- Social -" A Natural Christmas"

Nov. 17 - 12:00 noon - Bridge Luncheon - Register ahead

Nov. 28 to Dec. 1 - Christmas Basket Sale

Nov. 30 - 11:30 - Potluck Lunch

Dec. 1 - 8:00am to 10:30 am - Breakfast

Dec. 5 - 2:00 pm - Social- "Christmas Around the Campfire"

Dec. 8 - 8:00 am to noon- Christmas Bake and Craft Sale

Dec. 19 - 11:30 am - Potluck Lunch

Dec. 31 - 1:00 pm to 3:00 pm - New Year's Eve Drop-In

E- mail: steppingstoneseniorcentre@rogers.com

Phone: 450-7849

Website: <http://www.steppingstoneseniorcentre.com>

15 Saunders Street, Fredericton, N.B. E3B 1M9

York Care Adult Day Care Program

At York Care Centre, we are very pleased to finally open an adult day program, Tuesday through Thursday 9am - 3pm, and are basing our programming on a therapeutic model that will meet the physical, psychological, spiritual and social needs of our diverse clients.

“We do not aim to fill the time in a day, but to provide meaningful activities that build toward a better overall quality of life and to provide caregivers and clients with excellent care and support”

For more information on our Adult Day Program please contact Jennifer Geneau in person at 100 Sunset Drive, Fredericton, or tel (506) 444-3880 ext: 2396 or by email at jgeneau@yorkcarecentre.ca



October 1st, A small crowd was on hand to celebrate the 'International Day of Older Persons' at a flag raising at Fredericton City Hall



Let's Get Connected

A new bilingual directory of services and activities for Seniors living in the greater Fredericton area is now available. Electronic copies are available online on the City of Fredericton web site. Hard copies are available at the City Hall Service Center, the Stepping Stone Seniors Centre and the Johnstone Ave Seniors Centre or by calling 460-2020.

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>

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>