



A Season of Recognition!

What's New?



50 Years Later...

Fredericton Meals on Wheels takes a walk down memory lane and reflects on all that they have accomplished over their 50 years of service.

Lifelong Learning

President of the AUTANB celebrates 40 years since the first University of the 3rd age started here in New Brunswick.

Age-Friendly Initiative

Wellness consultant updates readers on the recognition program that launched in 2016.



As the warm weather arrives and busy schedules begin to wind down to enjoy the summer months, we often find ourselves gifted with some extra time to reflect on all that we have accomplished, and all that we wish to in the future!

For this reason, the summer edition of *Neighbours in Aging* will be dedicated to recognizing some of the past, present, and future accomplishments of the Collaborative for Healthy Aging and Care members!

Celebrating 50 years of community service, Meals on Wheels of Fredericton pays homage to some of their most dedicated volunteers that have become the backbone to the organization.

President of l'Association des universités du troisième âge du Nouveau - Brunswick highlights the value of UTA's and how they contribute to the healthy aging process.

Finally, we receive an update on the Age-Friendly Recognition program that was launched across New Brunswick in 2016.



We'd love to hear from you!

Have a story you would like to share? Do you know of an initiative in your community that is having big impact? Please get in touch with us.

Neighbours in Aging is your newsletter and we welcome your stories describing the healthy aging journey as it is experienced in NB. Email your stories, ideas and updates to admin@nbcollab.ca

Looking forward to hearing from you!

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Celebrating 50 years of Community Service

Meals on Wheels of Fredericton Inc.

by Betty Daniels and Kelsey Rusk

In case you haven't heard, it's Meals on Wheels 50th Anniversary in Fredericton! The concept of Meals on Wheels was pioneered by the Women's Volunteer Service for Civil Defense of Great Britain in direct response to the London Blitz of 1940. The program has since grown worldwide, and several Canadian chapters are also celebrating their upcoming 50th Anniversaries. In 1967, the United Church Women of St. Paul's United Church here in Fredericton recruited volunteers to prepare and deliver meals to shut-ins. Meals were prepared in volunteers' homes, but quickly moved to the church kitchen as the program grew. Approximately 390 meals were delivered in the first year of the program. Fast forward 50 years to 2017 and we are delivering around 50,000 meals per year – 7 days a week! While the meals are now prepared at the Dr. Everett Chalmers Regional Hospital and York Care Center, what remains consistent is that meals are delivered entirely by volunteers.



In addition to a nutritious meal, our volunteers provide a warm smile, a visit and a security check. For many of our clients, the Meals on Wheels volunteer may be the only person they are interacting with on a daily basis. In November 2016, our staff hosted a tea at St. Paul's United Church, meeting with 5 women who were a part of those early years, and who still remain active with the organization to this day. They shared stories of delivering meals with young children in tow, in all sorts of weather, remembering the many clients they grew to care for along the way.



In the photo:

Standing (from left to right): Charlotte Magasi, Christine Macdonald, and Lois Paterson

Seated (from left to right): Florence Bartlett and Sharon Ayer

Lois Paterson has been volunteering with us since 1968. Recruited by a friend of her mother-in-law's, Lois began delivering meals one Wednesday a month and has continued the Wednesday time slot for 49 years! **Sharan Ayer** moved to Fredericton in 1975, became a volunteer driver and still delivers, 42 years later. In the late 70s, Sharan became our first paid employee, a coordinator position for 15 hours per week. Wife and mother with a growing family, **Chris Macdonald** wanted something outside of the home that she could call her own. For most of the 41 years she has been volunteering, she has done deliveries by herself but has taken grandchildren, some who have earned badges for Cubs and Scouts through their involvement with Meals on Wheels. **Florence Bartlett** has been driving with us for 48 years! Over the years, she has involved her family to varying degrees – her children, her husband, and teaching her grandchildren the importance of volunteering. **Charlotte Magasi** loved meeting the many clients to whom she has delivered meals since the late 1970s. After a hiatus, she is back again delivering meals weekly with her husband and she is a member of the Board of Directors.

"A Little Girl with a Dishpan" - Joyce Wood

Joyce Wood (absent from the photo, and passed away in April 2017) began as a volunteer driver for Meals on Wheels in 1976. Like so many drivers, there were times that she took her daughter with her on her route. One winter day Joyce was unable to get through the crusty snow to the front door to deliver a meal to her client. Fortunately, her four-year-old daughter, Heather, was able to get across the crust, sliding on her belly, dragging a dishpan in which Joyce had packed the meal containers. The client was so surprised and pleased to receive her meal via a little girl with a dishpan that she went in the house and found a chocolate bar for Heather. This was and still is a fond memory for both Joyce and Heather.



When asking out volunteers "why did you remain involved for so many years?", they all echoed the message that their **volunteering has been as beneficial to them as we know it has been to those receiving the service**. This message is one we continue to hear today from the many new volunteers who are now a part of our 50-year-old organization.

Learning for a Lifetime

Reflecting on the success of UTA's

By Benoit Duguay, President of AUTANB

60 years ago, when I was 16, you could often see my uncles, aunts and their over-70 friends rushing to their doctors to get the pills that would ensure their wellbeing. You would never, ever hear them speak of exercise programs to solve health problems. Nor would anyone ever imagine that someone over 60 years old could enroll at a college or university to continue learning. It simply wasn't a part of the collective mindset of the time.

Enter the seniors' universities (in French: *Universités du troisième âge, UTA*), which were first established in Toulouse in 1973 and Sherbrooke in 1976. With their slogan, "Learning for a lifetime", they completely changed the game. The first to be established in New Brunswick was the *Université du 3ème âge du sud-est du NB* (UTASE) in 1977, which will turn 40 next year. Today, it is one of eight members of a provincial association. Independent from each other and unique, they are nonetheless united in the motto of **USE IT OR LOSE IT**.



**Association des universités du troisième âge
du Nouveau-Brunswick inc.**

AUTANB's mission is to allow those 50 and over to continue to grow, learn, acquire skills and pursue their personal fulfillment.

UTAs bring together those who are interested in physical and intellectual activities designed to slow down the effects of aging, ensuring their continued wellbeing in the process. These activities vary from one UTA to the other, depending on the needs and resources present in the community.



In February, AUTANB was delighted to reach a partnership agreement with the Department of Social Development to incorporate the concept of senior's resource centers in the department's wellness programs, as envisioned by the Home First strategy. The goal of these facilities is to "offer a wide range of programs and services to seniors, their families, and their caregivers, with the goal of making sure they're well-informed about community resources and support networks that promote an active lifestyle. The resource centers' fundamental purpose is to work in partnership with the community to support seniors and act on their needs." In other words, AUTANB is contributing to the department's mandate on seniors' issues.

We must not forget that while aging is irreversible, its effects oftentimes are not. Today, along with many other organizations working to ensure the wellbeing of the public, UTAs offer tools to scale back the effects of aging and reduce healthcare costs that arise from an inactive population. However, what matters most to the UTAs is their exceptional contribution to seniors' wellness and to the elimination of the prejudices that make up ageism.

The AUTANB's current momentum is a result of the document produced by the Council on Aging, *We are all in this together: An Aging Strategy for New Brunswick*.

See the document [here](#).

Age-Friendly Communities

Recognizing communities across NB

By Laurie Young, SD

Supporting communities to become age-friendly is one of the ways the province is working to ensure New Brunswick communities are healthy, thriving places for seniors and their families to live, work, and play in a culture of wellness. Work towards making communities age-friendly is one of the most effective strategies to promote healthy and active aging, and contributes to the creation of sustainable, healthy communities which will benefit all New Brunswickers.



The Program

New Brunswick's Age-Friendly Recognition Program was launched in September 2016. This program recognizes municipalities and communities who have completed the first four steps based on the World Health's Organization's framework to become Age-Friendly, which include:

1. Secure official commitment to the AFC approach.
2. Establish an Age-Friendly Steering Committee and engage the community.
3. Conduct an age-friendly assessment.
4. Establish a comprehensive action plan.



This recognition program will highlight New Brunswick communities' efforts to build environments where seniors feel a strong sense of belonging, are connected, can live in security, and enjoy good health. Applications for the 2017 Age Friendly Recognition Award are currently under review. Award recipients will be announced in October during Wellness Week. Applications will be accepted for the 2018 award up until March 31st, 2018.

How can a community become Age-Friendly?

Resources are available to support municipalities and communities across our province to start their journey to become Age-Friendly. For [resources](#) on becoming age-friendly, visit [Wellness NB's website](#).

What's happening in New Brunswick?

Over 20 New Brunswick communities are currently working toward becoming age-friendly. Find out how you can get involved by contacting your Regional Wellness Consultant [here](#) or by calling 506-453-4217.

There has never been a better time to take action in creating communities where we can live in environments which cultivate awareness about the strengths and contribution of seniors!

Continuing the Conversation

The Collaborative's 2nd Summit Event

In case you haven't heard, the Collaborative will be hosting a second summit event, *Exploring our Stories and Shaping our Future*. The summit will be held at the Fredericton Inn on November 14th, starting with an evening kick off, and a full day event on November 15th.

Five years since our first summit, we desire to continue engaging with stakeholders, community members, care providers and all generations of New Brunswickers to learn the stories that shape us and play a key role in community empowerment.

How do we want to define the aging experience in our own communities? How can we age creatively? How can we come together, regardless of culture, age, or wealth to define our collective journey ahead?

If you would you like to be part of this conversation, please join us on November 14th and 15th, a time to share stories, ideas, and experiences that aim to empower individuals and communities to shape their future!

