



WHAT'S NEW?



Challenges of Caregiving

New Brunswick caregivers of people living with dementia report that a major stressor is managing driving safety. Go to page 3 to learn more about the driving challenges caregivers are navigating.

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Honoring Lasting Legacies

Take some time to read two beautiful tributes to former nursing home residents who made a lasting impact in their communities.

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Share your Talent!

The "Cœur d'artiste" contest is back and is looking for Francophone's aged 50+ to share their talents!

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Connection, Culture & Community

Welcome to the Collaborative's spring edition of *Neighbours in Aging*, a quarterly newsletter that features engaged community profiles, individual healthy aging stories, and everything in between. In this edition, we hear local stories that highlight the power of connection, culture and of course, community!

See how Campobello Lodge is turning their unused land into a volunteer-led community garden that reaches beyond the nursing home.

Learn about Community Food Smart, a local bulk food buying club for those keen on purchasing quality fruits and vegetables at affordable prices. Led by a network of dedicated community partners, this program is open to all, including those most in need of access to fresh quality, affordable food.

You may have heard in a past edition, the research being conducted by Dr. Michelle Lafrance, on the experiences of informal caregivers in NB. Dr. Lafrance has uncovered findings related to supporting persons living with dementia and driving safety.



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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A Community Garden for all!

Turning an idea into a reality

By Sherry Johnston, Administrator, Campobello Lodge

In January of 2018 I was looking at some old photos of a large unused space at the front of our property and was thinking about how that area could be put to good use. That's when I first thought of the opportunity for a community garden. There are only three things required for a community garden to work, a secure space, access to sunlight and water.



From this point on everything has been about finding the right people to buy into our project and fundraising. Our community was behind the idea from the beginning and we formed a committee and went to work fundraising. We sold a lot of pies!

Our recreation council matched dollars raised and granted us some start up funds. Then we decided to apply for the federal grant, New Horizons for Seniors and were successful receiving \$25,000 in support just this March.

This year is our construction phase and we are tentatively opening the end of May. This garden will

be for everyone (all ages) in our community free of charge. It will be completely supported by fund raising dollars and operated by a volunteer community group.



We plan to host events like the arts and music festival, "Fog fest", in August, offer sunset yoga for seniors and movie nights in the garden for children. There will be opportunity for cross generational sharing of gardening practises and our residents will be very involved. We plan to grow fruits and vegetables the first year. The proceeds will be sold off to generate more funding and donated to the local food bank.

It's an ambitious project but we feel like everyone including our nursing home residents will benefit from it in some way. By promoting healthy living (eating more fruits and vegetables), reducing stress (yoga classes and being in the outdoors gardening), and preventing social isolation among our senior population (promoting healthy mental health alternatives) we hope to be leaders in health care in our community.



Managing Driving with Dementia

Caregivers' tales of challenge

By Michelle Lafrance & Elizabeth Dreise, St. Thomas University



In the photo: Dr. Michelle Lafrance and research assistant Elizabeth Dreise

The rewards and stresses of caregiving

Caring for a loved one with dementia can be an extremely rewarding experience, but also an extremely stressful one. In fact, compared to other caregivers, caregivers of individuals with dementia tend to display higher levels of distress, including higher rates of depression, anger, depletion and burnout.

The research

The goal of Dr. Michelle Lafrance's research is to explore caregivers' experiences in New Brunswick, with a view to better understand the local context of care and how we

might better support caregivers in their critical work. This research is funded by the Social Sciences and Humanities Research Council (SSHRC) and St. Thomas University. To date, about 30 interviews have been conducted with caregivers of older adults 'aging in place' across the province.

Findings

When caregivers of individuals with dementia talked about what contributed most to their stress, many described the issue of driving safety. They reported numerous instances of dangerous driving, including times when their loved one drove on the wrong side of a major road, drove into buildings or vehicles, and lacked cognitive insight into the reality of their driving behaviour. While these events signal the need to intervene, managing dangerous driving was described as extremely difficult for several reasons:

It was sometimes hard for caregivers to determine 'how bad' their loved one's driving was and whether actions to prevent driving were warranted.

"I kept putting it off [addressing driving] I will admit because I just didn't think it was that bad! (laughing) But when you're in the situation you don't see it as being that bad."

Care recipients often did not have insight into their own dangerous driving to stop on their own.

"He would pull out and in front of somebody and then he'd get angry at that person 'cause they were travelling too fast! Even though he's the one that pulled out."

Care recipients were often angry at the suggestion that they shouldn't drive.



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"My father was so upset with me, he was angry with me, he kept saying, "When I get better I'm gonna get my license [back]."

The symbolic meaning of a driver's license was central to some care recipients' sense of self as a competent and independent adult. Therefore, the ability to drive signaled that they were OK, thereby refuting suggestions that they had dementia.

[My mother would say,] "they may say I have this [dementia], but I can still drive"

Family members often blamed caregivers for preventing loved ones from driving.

"My brother blames me. My brother says to me, you know, "You were the one who took daddy's license away from him!"

In some instances, family doctors refused to revoke the license.

"We had to initiate the driver's license removal, and it should have been the doctor, that's their responsibility under the Motor Vehicle Act [... but] they're afraid to because they are pilloried for doing it."

When caregivers tried to report dangerous driving to Service New Brunswick [SNB], some were told that their name would be revealed to the care recipient as the person who reported them, thereby putting their relationship in jeopardy.

[The representative at SNB said], "We're going to be putting in your father's file that you are the one who wants it taken away" and I go, "He lives with me, give me a break!" and she says, "Nope that's how it works!" and I'm going, "That's not fair!" I said, "I'm trying to save lives here

and you guys are just putting sticks in the spokes here. So if he calls up, you're going to tell him it was me!?"

Conclusion

Managing driving safety is an extremely challenging process for those supporting adults with dementia. The two key allies for many individuals with dementia are their caregivers and their doctors. Under the current system, one (or both) of these allies are responsible for revoking driving privileges, thereby jeopardizing these important relationships. Finding new ways to support allies are needed and our next step in this research is to consult with health care professionals about their suggestions for change.

Doctors' suggestions wanted

If you are a physician with experience with driving safety and dementia, we would love to hear from you. Please contact Michelle Lafrance at 452-0439 or lafrance@stu.ca.





Celebration of Life Includes Diversity

Loch Lomond Villa

By Jake & Shelley Shillington

What is this journey of life all about? Relationships isn't it? I have to share this wonderful story of a life well lived and the stories shared between an elder and a youth member of our community.

Kay Best lived the last days of her life at Loch Lomond Villa. What a privilege it was to have had her in our lives. She passed away earlier this year and with the request of the family she lived with on Dogwood House at Loch Lomond Villa, we hosted a beautiful celebration of her life. A celebration of diversity, recognition, kindness and love.



In the photo: Jake Shillington and Loch Lomond Villa residents (Kay Best).

The youth I speak about, my son Jake, had the privilege of sharing their story....

My name is Jake Shillington and I am lucky enough to have called Kay my friend. I am very thankful for the opportunity to speak at this celebration of Kay's life. I met Kay at prom, as she was nice enough to be my date for the grand march at Loch Lomond Villa's- The Village, and from there our friendship would only continue to grow. Thanks to the Villa's Cycling Without Age program, Kay and I were able to share many more special memories together. As our relationship grew during the rides, Kay would tell me stories of her life and her beliefs. She would share with me how proud she was of her Native heritage. She told me the stories of her father building canoes, and taking her on trips down the river, with her in the front enjoying the journey.

Much like those canoe trips, Kay and I would go on journeys of our own. While riding around the park, Kay would soak up the sun, enjoy the wind in her hair and most of all take in the nature. Every ride, without fail, Kay would share with me how much she enjoyed the trees. The sound, the smell, but most of all the size and shape of this one particular tree that welcomed us into the park. How the tree leaned over the path, it's odd shape like someone had cut the top of and stuck it on sideways. We would sit and look at the tree for a while then I would have to ask the question, that I already knew the answer to, "Are you ready to go Kay?" and she would reply "I would love to go around again Jake." So off we would go one more time to enjoy the park, nature and of course the tree.

It was not until I began preparing for today, that I realized how much those little things meant to Kay and her culture. I am proud that I was able to help Kay reconnect with nature while she was struggling with some unfortunate



health issues. I was fortunate enough to have Kay share with me, her connection with nature and the respect she had for her father and elders. Although it means the world to me that she would share and teach me these important

Lessons, there is still one thing that I will cherish above all else. The way Kay would look at me with a big smile and say "You know Jake; I'll never forget the time you took me on the grand march. That made me so happy."

Isn't it amazing how time spent with an elder can shape your life...

Along with Jake's tribute, a staff shared a story, a resident and her niece shared the poem of the Mi'kmaq First Nation. A true celebration of life and diversity.



Honoring a Lasting Legacy

Stanley's Snack Shack

By Carolyn Brown, Carleton Manor

We are so pleased here in our home to officially dedicate this café space in memory of Stanley Stairs. While living with us Stanley was a vibrant part of life here in the house; "vibrant" being the key word in that sentence. Stanley passed away in September of 2016.



In the photo: Kerrie Bedford, Carleton Manor dietitian and Planetree coordinator holding the dedication cake.

One of Stanley's claims to fame was, in his words, the fact he lived in Centreville because he had such a sense of community. When he came to live in our community here at Carleton Manor, that passion for community did not change and he gave it all he had. And for those of us who knew Stanley, that was a lot! He soon became known as our Mayor! He loved attending the community council meetings every month and was an engaged participant for the betterment of all our neighbours.

A teacher spoken highly of by students, whom he adopted as his own, and by his co-workers, Stanley had to retire due to health concerns, but Stanley didn't retire in the true sense of the word. His passion for life shone through. His

home here with us was always a beehive of activity and conversation. We never held it against him that he was a Leaf's fan.



Stanley became a member of the planetree steering committee. When we decided to open a snack shack and offered him the job of running it, Stanley's life was again purposeful and fulfilled. He was so very proud to be able to say he worked at Carleton Manor.

He ran the canteen, which we named *Stanley's Snack Shack*, and this faithful friend to many, awesome teacher, substitute parent to many young people, became rewarded in a special way, also rewarding our staff, fellow neighbours, friends and families who came through our doors in a unique and special way.

It gives us great pleasure today to see Stanley's Snack Shack dedicated in his memory.



Return of the contest "Cœur d'artiste"

Share your talent



After a successful first edition in 2016-17, the *Cœur d'artiste* contest is back this fall.

The cultural event will spotlight people aged 50 and over and young people, in an intergenerational category, from New Brunswick's Francophone communities in performing arts: song, music, dance, storytelling and humor.

Cœur d'artiste is much more than a competition. For some of the competitors, it is the realization of a dream. In order to illustrate the experiences of the participants, Art Richard, the coordinator, animator and artistic director of the 2019-2020 edition of the competition, composed the theme song "Cœur d'artiste". To a country tune, he wrote this song to demonstrate the pride of these people when they have the chance to appear on stage. Like the humming Art Richard, *A star shining in me, a passion that unites us in my dreams, my path brings me here. Singing my language and my culture, French is my future, it's my turn to reveal to you my artistic heart.* In its way, this song also offers us its intergenerational side. During his recording studio, Art Richard gave way to a very talented chorister, his daughter Camille.

The public will be able to discover the participants during the regional competitions. In addition to showcasing the talent of Francophones 50 and over from the province, Cœur d'artiste will welcome guest artist Hertz LeBlanc. The winners of the regional competitions will meet later in 2020 for the provincial grand final.

The success of Cœur d'artiste goes beyond the borders of New Brunswick. This year, this project, created from scratch by the New Brunswick Seniors Association, will be launched in Nova Scotia and Manitoba. The Nova Scotia Seniors Cluster and the Federation of Franco-Manitoban Seniors want to unveil the talented aspiring artists from their provinces. This is the proof that Francophones aged



50 and over from across the country want to open their artistic heart!

Francophones aged 50 and over will be able to register this summer on the AFANB [website](#) or by obtaining a registration form from one of the province's seniors clubs.

Click [here](#) to see the schedule of regional competitions.



Thinking about Buying in Bulk?

Community Food Smart Program



Community Food Smart, a bulk food buying club for smart shoppers looking for affordably priced, quality fruits and vegetables.

CFS Members enjoy the benefits of discount pricing that comes from buying as a group, direct from wholesalers and farmers. This is the solution for individuals and families who want to make healthier food choices but are challenged by the rising prices of produce. Members

contribute \$15 towards the purchase of a produce bag and can choose to buy 1, 2 or none in a month's buying cycle.

We do the shopping for you with items in the produce bag selected based on their quality, freshness and affordability. On a regular basis, the produce bags contain 6 standard items including carrots, onions and 5 lbs of potatoes along with 4-6 apples, 4-6 oranges and 2 lbs of bananas. An additional 4-6 items are included in the bag and will vary based on pricing and seasonality, from root vegetables and pineapples in the cooler months, for example, to fresh greens and salad items more common in the warmer seasons.



On the second Thursday of each month, produce is delivered locally to St. Mary's Anglican Church. Produce bags are packed by dedicated volunteers and then transported to distributor locations for pick-up by members. Distributors contribute their part towards managing operations so that we incur minimal overhead costs.



To join this buying club, you start by obtaining a membership for \$10 at any of the close to 20 distributors in Fredericton listed on our [website](#). Many similar clubs exist around the province and are listed on our website along with additional information.

Some of the communities the program serves across NB include: Oromocto, Rusagonis, Nackawic, Kingsclear, Chipman, Minto, Fredericton Junction, Geary, Alma, Curryville, Riverside-Albert, Tobique First Nation, Stanley, Florenceville-Bristol, Woodstock, Bathurst and St. Stephen.

Learn about Community Food Smart, a local bulk food buying club for individuals and families keen on purchasing quality fruits and vegetables at affordable prices. Led by a network of dedicated community partners, this program is open to all, including those most in need of access to fresh quality, affordable food.