



WHAT'S NEW?



Community Matters

Learn about a group of men that are using their time and skills to give back to their community.

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The Future of Transit

Have you heard about the Civic Tech team? Learn about the work local volunteers are doing to address the future of transit accessibility for older adults.

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Warm Stories for the Cold Winter Months

Welcome to the Collaborative's winter edition of *Neighbours in Aging*, a quarterly newsletter that feature engaged community profiles, individual healthy aging stories, and everything in between.

While the cold and snowy New Brunswick winter weather could make anyone want to hibernate for the winter, community work waits for no one! In this edition, we will hear local stories that highlight the projects and initiatives developing in our NB communities, no matter the time of year!

You may have heard of the affordable transportation service *Rural Rides*; hear from a client who has been positively impacted by this local service.

January was Alzheimer's Awareness Month. One NB nursing home participated in a unique experience that provides the chance to see what it is like to live with some of the challenges associated dementia.



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!

Erin Jackson
Program Coordinator

Post: 1133-206 Regent Street
Fredericton, NB, E3B 3Z2
Tel: 506.460.6262
Web: www.nbcollab.ca
FB & Twitter: @CHACCVSS



Making Transportation Worry Free

Ben's Story

By Kelly Taylor, Manager, Rural Rides



Rural Rides has been providing transportation in the Salisbury-Petitcodiac area since 2014 and in Tantramar since 2017 and is part of the WA Transpo expansion, covering all of Westmorland and Albert Counties. Throughout that time, many clients, each with unique stories and situations, have used the volunteer driver service. One of those clients is [Ben](#).

Ben has many health issues, including vision loss. Unable to drive himself, he found it difficult to rely on family for transportation and had reached a point where he had run out of options. On a visit to the hospital, he was told about Rural Rides and how they might be able to provide the transportation he so desperately needed. Ben registered as a client with Rural Rides and has never looked back.

"I don't know what I would do without them," says Ben, "It's a fantastic service!" Without the ability to drive and no affordable options for transportation, Ben relies on Rural Rides to get him to his appointments at his doctor's office and hospitals and even to surgery in Halifax.

Faced with the need to go to Halifax and have surgery, Ben was very concerned about how he would get there. One of the volunteer drivers offered to take him to his surgery,

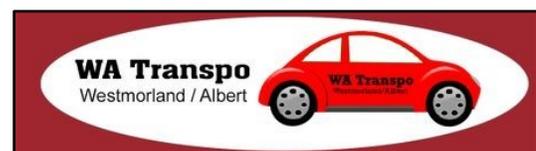
requiring him to stay the night and bring Ben back home the following day. Several trips for pre-operative and post-operative appointments were also required, and other wonderful volunteer drivers stepped up to help. Ben is extremely grateful for the kindness he has been shown by the volunteers and speaks highly of them. "They go above and beyond to look after me," says Ben, "Some of them have even become friends, not just volunteers."

"The greatest part about this service is, it's worry free. I make a call a couple of days ahead to book my ride. The driver takes me where I need to go. I don't have to worry about navigating city streets, finding parking, and then finding my way to the appointment from there. They drop me off at the door, and when I am done, they are there to take me home. I just get in the car and it is all taken care of," says Ben. "It has been essential in helping me get the surgeries I need in Halifax and for ongoing medical appointments."

When asked if he would recommend the service to others, Ben said he absolutely would. "The worry is gone. This service has made a tremendous impact on my life."

If you or someone you know is struggling to find transportation, anyone can register for free as a client by calling 988-2101 or by visiting our [website](#).

Also, we always welcome new volunteer drivers to help keep the program running. Volunteers not only get the satisfaction of helping others but as Ben said, even make new friends. If you would like to volunteer, please call Kelly at 215-2100.





“Making a Good Community Better”

KV Old Boys

By Erin Jackson

One of the main reasons the Collaborative for Healthy Aging and Care exists is to recognize and celebrate the efforts citizens are making to support their own communities. Recently, I learned about the KV Old Boys, a grassroots community group that prides itself in “making a good community better”, by assisting individuals, families and organizations in need within the Kennebecasis Valley area. Interested in hearing how they support their community, I contacted a member of the group, Don Shea, to learn more.



KV OLD BOYS

Making a good community better!

Who are the KV Old Boys?

The KV Old Boys are a group of 27 men, mostly retired, who raise funds for various initiatives in their community. The idea for the group started in 2002 by a group of men that met regularly at the local McDonalds for coffee. After one of the group members passed away from cancer, the remaining men decided to enter a Relay for Life fundraiser in his memory. Within three to four weeks, the

group raised roughly \$4000. So much fun was had, the group decided to incorporate!

Where does the name come from?

Explaining where the name KV Old Boys came from, Don explained: “When registering their team name for the Relay for Life, the chap with me said – Oh, we’re just a bunch of old boys from the KV”. From there, the name remained.

What does the KV Old Boys do for their community?

The group meets the second Wednesday of each month in the lower level of Our Lady of Perpetual Help Church in Rothesay to discuss what the needs are in their community. The group undertakes three major fundraisers annually (Collection of redeemable containers; Spring Raffle; Country & Western Show), but also use their handy skills to assist with building ramps, decks and other construction needs! To date, the group has raised over \$250,000! And get this – 100% of all funds raised are returned to the community! They receive no outside sponsorship or assistance – their efforts are strictly locally led.

You can find more information on the fundraisers they have led [here](#).

What are the benefits of having a community group like this?

Don noted that being part of the group gives purpose to retirement, in addition to providing an opportunity to give back to the community. He believed membership has



given purpose to each of its members. Over the years, some members have passed on and new members have taken their place. I asked Don what advice he would give others who want to step up in helping their community. He simply stated, “it’s the right thing to do.”

Technical Solutions for Social Issues

The future of transit accessibility

Civic Tech Fredericton is comprised of volunteers from our IT / business community who meet every Tuesday night to develop technical solutions that address social issues in our city.



Members of the Civic Tech team lead by Kyle Rogers and Pierre Cormier recently took home 2nd prize in a Data Visualization competition. Based on the results of a recent [Age-Friendly Survey](#), the team looked at the role transportation plays in social isolation of older adults in our City and provided a go-forward strategy to ensure we have a transit system with accessible bus shelters that meet the needs of our aging population.



The team used several open data sets provided by the City of Fredericton to rate the current accessibility of our bus stops. They then project into the year 2028 to determine where most older adults may reside. This provided our City with a plan to upgrade the bus stops in these specific areas over the next 10 years.

Click [here](#) to watch a short video of their presentation or visit www.CivicTechFredericton.com and click on the “Our Projects” tab.

If you have a project you would like to talk to the Civic Tech team about, please contact Greater Fredericton Social Innovation at 506-471-4374.

Looking Through a Different Lens

Virtual Dementia Tour

Kings Way Care Centre celebrated 5 years of being an Eden Registered Home in January. As part of the



celebrations many care partners participated in a Dementia Tour. This unique experience gives participants a chance to see what it is like to live with some of the challenges associated with aging in general and dementia.



The participants were given a list of chores to do while wearing the equipment that simulated various challenges like foot pain/ neuropathy and/or arthritis, arthritis in the hands and loss of sensory and fine motor skills, macular degeneration, hearing loss and increased confusion. Participants did a pre-test before they took part that asked them how they were feeling and a test after the demonstration to see how their mood and views toward dementia care changed. We will be continuing the tours throughout the winter so more staff can experience it. It was very enlightening to have a small glimpse of what some of the people we care for experience.

Stay out of Fraud's Reach

Financial and Consumer Services

Commission

New Brunswickers reported losing \$1.1 million last year to scams and frauds. That's likely only a fraction of the money lost to con artists. According to the Canadian Anti-Fraud Centre, 95 per cent of scams go unreported because many victims are too embarrassed to do so.

As New Brunswick's aging population continues to grow – according to Statistics Canada, 31 per cent of the population will be over the age of 65 by 2038 -- so too does the vulnerability to financial fraud.

Older people are often targeted for several reasons. Today's seniors are more engaged, active and online than ever before, using the Internet for banking, social media and online dating.

They are often home during the day to answer the door or phone, they can be more trusting, and they may not have family or friends close by to ask for a second opinion. They can best protect themselves by recognizing the tactics scam artists use.

Here are the top four scams targeting seniors and how they can avoid them:

Grandparents scam – Scammers may call and impersonate a family member (often a grandchild) in distress. Before sending any money, call to verify if the family member is really in trouble. They may ask you not to tell your family members. **Red Flag:** They ask you to keep it a secret.



Sweepstakes and lottery scams – Scam artists may contact you by telephone or mail saying you have won a lottery prize. To collect the prize, you are told to pay a fee. **Red Flag:** They ask you to pay fees to collect a prize.

Door-to-door scams – Door-to-door salespeople may use high-pressure tactics to get you to purchase a product or a service you neither need or want. Ask to see their licence from FCNB. Review any contracts before signing. You have the right to cancel a contract for any reason within 10 days. **Red Flag:** They pressure you to act fast and not give you time to think it through.

Romance scams – Fraudsters use dating websites to lure lonely people into online relationships. Soon after, they begin making financial requests. **Red Flag:** They ask you to send money and you've only interacted online.

Frauds and scams change all the time. Knowing the red flags to watch for will help you be better prepared to recognize the scam and not become a victim. It's also important to report if you believe you may have been targeted by a fraud or scam. Learn more about identifying potential frauds and scams and where to report [here](#).

The best defense is to be informed and report the scam to help protect others in your community!

Protect your
loved ones
from senior
financial abuse.

Protégez vos
proches contre
l'exploitation
financière
des aînés.



Learn more about our role at fcnbc.ca/seniors
Découvrez ce que nous faisons à ce sujet à fr.fcnbc.ca/aînés