



WHAT'S NEW?



Deepening Community

The Collaborative for Healthy Aging and Care is launching a new initiative in three New Brunswick communities.

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Going for Gold!

Nashwaak Villa just became the smallest continuing care organization in the world to receive Gold Certification for Excellence in Person-Centered Care by Planetree International.

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Stories of Inspiration

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

You may remember hearing from the Nackawic and Area Wellness Committee in a previous edition. They are back with some updates on how seniors are "Staying Active, Staying Healthy" in their community. Read and be inspired!

Back in 2018, the town of Rothesay was recognized as an Age-Friendly Community in New Brunswick. Recently, they opened the Rothesay HIVE, a space for information, socialization and activity for local seniors. Go to page 2 to learn more!

Finally, read about how one New Brunswick nursing home is "taking a walk down memory lane."



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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Creating Space for Connection and Community

The Rothesay HIVE is thriving!

By Dianne O'Conner, Rothesay HIVE Advisory Committee

In the town of Rothesay, more than 30 per cent of its residents are 55 years and older, with that number projected to increase. That is why, in May 2016, the Rothesay Town Council made becoming an Age Friendly Community a priority, creating the Age Friendly Advisory Committee. One of its first tasks was to conduct a survey to find out what seniors wanted in their community. The survey revealed that seniors wanted a place to go for information, socialization and activity. So, in April 2018, the Rothesay HIVE Subcommittee was formed.

In August 2018, Rothesay was officially awarded the distinction as an Age Friendly Community. Through hard work, dedication and two federal grants, the Age Friendly Advisory Committee, members of its subcommittees and Town staff, the Rothesay HIVE opened its doors in May of this year. The Rothesay HIVE is located on the main floor in the Town Hall and includes two accessible washrooms.



To provide programs and activities, the Rothesay HIVE has partnered with the YMCA of Greater Saint John, allowing it to have a full-time coordinator and access to some of the programs and activities offered at the YMCA as well as the Rothesay HIVE. There is a yearly membership fee of \$50 as well as a sponsorship program for seniors on a fixed income, if needed. There is a monthly calendar listing all the activities and events and a 3-day pass for anyone who would like to try out some of the activities before signing up as a member. There will also be some intergenerational programs with students from 4 nearby schools to promote connecting the generations and learning with each other.

Over the summer months, many seniors have dropped in for coffee and conversation, seated yoga, strength, stretch and balance classes and even an Afternoon Tea. There has also been a very lively Trivia Challenge night and more events are planned for August and the upcoming fall months. As more people learn about the benefits of coming together and being engaged, we expect to have many Rothesay citizens enjoying what the Rothesay HIVE has to offer in the future!

For more information about the calendar of events and activities, please go to:

Website: www.olderadults.ymca.ca;

Facebook: [RothesayHive](https://www.facebook.com/RothesayHive);

Email: RothesayHive@Rothesay.ca;

Phone: 506-799-9240.





Staying Active, Staying Healthy

Update from the NAAWC

By Julie Ann Stone

The Nackawic and Area Wellness Committee (NAAWC) and the Nackawic and Area Age-Friendly Committee (AFC) have been very active over the past few months. The focus has been to keep citizens active, healthy and socially involved in their communities. Reducing isolation, eating well and moving the body are ways to reduce mental and physical illness in seniors as they age. Some of the initiatives that are currently in place are:

Hiking

Once a month, a group of hikers take off on foot from various locations. Waterfalls, unusual rock formations, man-made and natural trails are the environments they experience. They are always ready to welcome new walking companions and report that they do not exhaust themselves but rather feel refreshed and looking forward to the next tramp.



55-Alive

Many seniors have expressed some nervousness about using the increasing number of roundabouts in Fredericton and elsewhere. They may not be up to date with new rules of the road that have been put in place since they took their driving training. On November 8th, Sean Daly-a well known driver instructor- from Fredericton, will be in Nackawic to make a presentation on these topics.

Meals 4 U

Many seniors live on their own do not have the desire to prepare nourishing meals for themselves. As well, isolation may cause their health to deteriorate. The idea was to create a delicious meal once a month and deliver it to seniors while taking time to have a visit and hopefully brighten up their day.

Bulk Buy Program

For the past few years, the NAAWC has been operating a Bulk Buy Program. Volunteers, order, sort and pack fresh produce into portable, re-usable grocery bags ranging in value from \$45.00 to \$50.00. Individuals pay only \$16.00 for the bags which can be collected at the Kirk United Church in Nackawic.

Food Bank

The River Valley Foodbank in Woodstock, in conjunction with the NAAWC, is now providing monthly food supplies to individuals and families in Nackawic and the surrounding communities.



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Brrr-Games

Participants register to take part in various activities during three different time periods throughout the day. Activities include bingo, bowling, darts, washer toss, crib, wizard, golf, trivia, walking and hiking. Refreshments are served and a social event marks the end of the day. Volunteers organize and support the events that are fun for both beginners and seasoned game players alike.



Senior's Luncheon

Once a month, the Nackawic Kirk United church and the NAAWC serve a noon-hour dinner to seniors. There is always a delicious home cooked meal served with hot and cold beverages and desert. This is a great social event as well as a chance to eat someone else's cooking and participants can linger over good conversation and that last sip of tea. Seniors who do not drive are picked up by volunteer drivers and for those who are unable to attend, take-out orders are accepted and delivered.

Wheels to Wellness

The purpose of the Wheels to Wellness initiative is to provide support to those who have limited or no means of transportation to and from medical appointments. Drivers are volunteers who have successfully obtained a Vulnerable Sector Check with the RCMP, have been fully insured and have completed an application form for the program.

Shopping Trip

Volunteer drivers are now providing a once a month shopping trip to Fredericton or Woodstock for those who do not drive. The trips are scheduled for the first Thursday of the month for a small fee of \$5.00. Sometimes 2 or 3 people share the trip to the Mall.





Taking a Walk Down Memory Lane

Project unveiled at Rocmaura Nursing Home

By Sally Cummings, Rocmaura Foundation

Residents at Rocmaura Nursing Home are taking a walk down memory lane, with a new project by Rocmaura Foundation.



“We had a long, dark, hallway on the second floor, that seemed to be lacking life and purpose,” says Foundation Director Sally Cummings. “My Dad is 93 and has all kinds of memorabilia around that he’s saved over the years and lots of interesting stories that go with them. I was thinking, wouldn’t that be neat to re-create that somehow here, in our home at Rocmaura.”

Rocmaura approached Canaport LNG about the idea, and Grant Kelly provided vintage photographs from his collection, and after a year of planning, the mural has come to life. “Now the second floor leading to Terrace Court is a conversation piece and a gathering spot for Residents and family members, where they can reminisce about the good old days,” says Cummings.

“It was a pleasure to support this project! This is a great way to bring people together and really encourages a sense of community,” said Courtney Jones, General

Manager for Canaport LNG. “We are very happy to be a part of something that will help enhance the quality of life for Rocmaura’s residents and make it feel even more like home.” Graphic designer Bridget McGale came up with the concept to make the wall relevant to the people who live at Rocmaura with memories from the 1950’s era. “There are many well-known historic images of Canada’s oldest incorporated city, but we wanted this wall to show the places we remember; the places we shopped and did business.”



In the Photo: Cathy McGrath with her mom Della Hanley at Rocmaura.



Neighbours in Aging

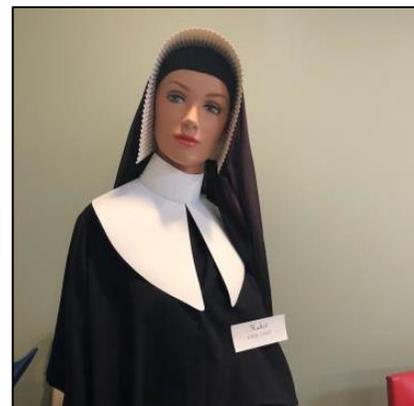
Cathy McGrath, whose mom Della Hanley has lived at Rocmaura for about a year and a half, loves the wall, because she says it engages you in conversations with others. “My mother used to work in the hats and wigs department at Calps,” she says. Cathy has fond memories of visiting the REAL Santa at MRA’s with her Grandmother. Although her mom isn’t able to talk with her about those memories anymore, she says this wall allows her to share stories about the past with other folks in the home, and helps to get to know them better.

“Staff are asking us if we could expand the murals to other parts of the home, they love them so much,” says Cummings. “So we hope it will evolve,” says Cummings. The wall has magnetic panels that allow residents to hang up their own photographs, and white boards to write on, to make it a more interactive and personalized space. “With additional funding, there is no limit to what the possibilities could be! With new blue tooth technologies, there is the possibility that Memory Lane could even play



music from your own play list or display images from your own photo album as you walk by.”

Mae Arsenault is one of the remaining Sisters working at Rocmaura. She brought out a manikin of a nun dressed in her original habit from 1905-1967. “I remember wearing that at my first Profession, that’s when I took my vows of poverty, chastity and obedience. “That’s ME in 1960,” she laughs. “That habit covered a multitude of sins”.



This project cost over \$10,000 to complete and was a year in the making. Rocmaura Foundation is in need of another donor to help pay for the other half of the cost of the wall. The Foundation would also like to build some cabinetry to display artifacts and other memorabilia like a manual typewriter, rotary dial telephone, and many other now obsolete items that we used to find commonly in our homes.

The purpose of Rocmaura Foundation is to make life better for our 150 residents in their “home away from home.” That means not only fundraising for various medical equipment, but also creating experiences that enhance our residents’ quality of life. “The next wish on our list is to create an art gallery on every court, featuring artworks from local artists,” says Cummings.





Neighbours in Aging

Going for Gold!

Nashwaak Villa Receives International Recognition

By Daphne Noonan, Nashwaak Villa

Nashwaak Villa has been awarded Gold Certification for Excellence in Person-Centered Care by Planetree International. This certification recognizes the organization's achievement and innovation in the delivery of person-centered care. One of only 5 organizations in Canada and 93 organizations worldwide, Nashwaak Villa has proven to be *small but mighty* in becoming the smallest continuing care organization in the world to earn this prestigious award.



Gold Certification represents the highest level of achievement in person-centered care, based on evidence and standards. Person-centered healthcare prioritizes the active participation of patients, residents, and their families throughout the healthcare process with an emphasis on partnership, compassion, transparency, inclusion, and quality.

“The Planetree Certification is the only award that recognizes excellence in person-centeredness across the continuum of care,” said Susan Frampton, President of

[Planetree International](#), a not-for-profit organization that has been at the forefront of the movement to transform healthcare from the perspective of patients for more than 40 years. *“This Gold Certification signals to its residents and community that Nashwaak Villa is an organization where staff partner with residents and families, and where resident and family comfort, dignity, empowerment and well-being are prioritized as key elements of providing top-quality clinical care.”*

“The innovative vision of a culture of Person Centred Care set forth and supported by our board of directors in 2016, as well as the depth of commitment and passion of our wonderful staff team in their work toward meaningful culture change and the achievement of this world-class certification cannot be adequately captured in words,” said Daphne Noonan, Executive Director of Nashwaak Villa. *“Receiving the honor of Gold Certification in Person Centred- Care from Planetree signifies that we have met our collective goal of establishing a culture in our home which not only supports world -class care, but the active engagement of everyone within our organization, from our beautiful residents and their care partners, to our staff, volunteers and community partners. All of this culminates in a feeling of absolute magic and positivity, where people are thriving and happy to be a part of our Nashwaak Villa community. I could not be more proud and fortunate to lead this wonderful organization.”*

The criteria that Nashwaak Villa satisfied to achieve Gold Certification reflect what residents, family members and healthcare professionals in hundreds of focus groups say matters most to them during a healthcare experience. This data aligns with the growing evidence-base for person-centered care and establishes certification program as a concrete framework for defining and measuring.



Neighbours in Aging

The criteria address components of a person-centered healthcare experience, including the quality of resident-provider interactions, access to information, family involvement and the physical environment of care. Importantly, the criteria also focus on how the organization supports staff, opportunities for staff, residents, and families to have a voice in the way care is delivered, and the ways that Nashwaak Villa is reaching beyond its walls to care for its community.



Mind-Body Connection

New Pilot Program Offered by ASNB

By Adrienne McNair, Alzheimer Society of New Brunswick

The Alzheimer Society of New Brunswick is excited to announce a new pilot program specifically tailored to those living with early onset dementia and their care partners. Held in a welcoming space, Mind-Body Connection aims to support, connect, and empower those on the dementia journey. The program features light physical exercises as well as mental and social stimulation for individuals diagnosed with early onset, and information and social support for their care partners.

Led by person-centred volunteers, Mind-Body Connection will be launched November 27th, 2019, and continue on a monthly basis thereafter. If you are under the age of 65 and have been diagnosed with early onset dementia, or caring

for someone who has, please contact Adrienne McNair at 459-4280 or toll free at 1-800-664-8411.



Deepening Community

Collaborative Launching New Initiative

By Erin Jackson, Collaborative for Healthy Aging and Care

The Collaborative for Healthy Aging and Care, in partnership with the Tamarack Institute, will be hosting a Local Deepening Community Initiative (LDCI) here in New Brunswick!

The **Local Deepening Community Initiative** is an opportunity to engage a diverse cross-section of citizens to craft a shared vision for the future of their community. The 6-step action learning project is designed to be led by the community and to facilitate authentic citizen and community engagement. Local teams host community conversations and utilize tools to capture data and identify assets and priorities.





Neighbours in Aging

With the overarching goal to create and/or deepen a sense of community and belonging for all who take part in this process, additional benefits include:

- Increasing Community Engagement
- Providing a Baseline of Social Capital
- Building Consensus
- Generating/Fostering Compassion
- Nurturing Collaborative Leadership

The Collaborative for Healthy Aging and Care is excited to bring this to New Brunswick, as we are the first group from the Maritimes to engage in the initiative! We are excited to announce that three New Brunswick nursing homes leading their own LDCI, in their local communities.

- Forest Dale Nursing Home in Riverside-Albert
- Foyer Assomption in Rogersville
- Central New Brunswick Nursing Home in Boiestown

We are thrilled to have these homes leading the project and can't wait to see what different type of conversations and action that come out each unique community.

