



WHAT'S NEW?



Announcement

Meals on Wheels Fredericton has an exciting announcement – visit page 4 to see what it is!

Results are in!

Receive an update on the research St. Thomas University social work students conducted last spring with the Collaborative.

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Enjoy the Beach!

Learn about a NB equipment rental service for individuals with physical disabilities.

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Summer Fun in New Brunswick

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

In this issue, we hear from two New Brunswick nursing homes who have been engaging their residents in some exciting initiatives, both in and out of the summer heat!

Sticking to the summer theme, we learn about the various accessible all-terrain equipment available in New Brunswick, allowing individuals with disabilities the chance to hit the beach!

Finally, we receive some updates from Collaborative members on research results and how one local non-profit has increased their capacity to serve others



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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Cycling Without Age

The Right to Wind in Your Hair

By Shelly Shillington

Loch Lomond Villa had entered its third year of this special program. Residents, tenants and the community have been enjoying the wind in their hair as we launched the program for 2018 a couple of months ago. We held a community fair on site for New Brunswick nursing Home week and had 61 participants enjoy a short ride around the community of Loch Lomond Villa.

Everyone loves a bike ride and many of our residents are getting out to the streets of Saint John with our volunteer trishaw pilots. This program allows the volunteer pilot and the resident to build relationships and suddenly their narrative story is flourishing. They reminisce about the city and the stories of their lives come flooding into the conversation. The picture below is a story all its own!



Pilot Jake Shillington, first volunteer trishaw pilot in Canada, shares his time with these two special ladies. They have a special bond with this young man. He comes to take them on their rides regularly throughout the summer and visits many times through the year. They can't wait for his visit. They share all kinds of news and get updated on what's been going on in his life. These relationships are strong and continue to be a positive contributor to their lifestyle at Loch Lomond Villa.

Should Social Workers be Employed in Nursing Homes?

Survey Results

By Keara Grey, Holly Hasson, Amber Brideau & Jennifer Estey



This past Spring, the Collaborative hosted four students from the St. Thomas University social work program - Amber Brideau, Jennifer Estey, Keara Grey, and Holly Hasson. They aimed to determine the value and need of social workers in New Brunswick (NB) nursing homes by distributing a survey to members of the New Brunswick Association of Nursing Homes. The survey was open from May 15th to June 4th, 2018. The 78 people who responded to the survey came from all regions of the province.



When social workers are employed in nursing homes, they provide counselling, support, and advocacy to nursing home residents and their families. In addition to these skills, social workers: engage in the pre-admission, admission, residency, and discharge phases; provide support through transitions; implement programs; contribute to care plans; and help residents make informed decisions.

Survey results demonstrated the value of social workers, as 64% of respondents shared specific cases where social workers would have been beneficial in their home.

Examples ranged from assisting residents with complex needs, providing resident advocacy, helping families navigate end-of-life care issues, mediating conflict, providing mental health services, grief counselling, and re-assessing residents.

It was widely recognized that employing a social worker would enhance residents' quality of life. As one respondent noted, "Mental health support is a very important part for those residing in nursing homes and this group has little or no access to mental health counselling."

Participants overwhelmingly noted the need for social workers within their nursing homes, with 96% stating that their nursing home would benefit from a social worker and 88% stating that social workers should be employed in nursing homes. Although the ability for social workers to help nursing home staff was not included in any survey questions, 31% of respondents stressed the ways in which other staff members would benefit from a social worker being employed.

While respondents emphasized the need for social workers to be employed in nursing homes, funding was cited as the most common barrier, at 86%. To obtain funding for a social work position, 68% stated funding should come from government subsidies, 60% believed funds should be redirected from the nursing home's budget, and 49% believed nursing homes should share the cost and services of social workers.

While there is work to be done before social workers are employed in NB nursing homes, results from this survey emphasize the desire to have them as regular members of nursing home care teams. The goal of this research is to help inform care practices among nursing homes and maximize the quality of life for residents.

Working up a Sweat!

Nursing Home Residents take up Boxing

By Megan O'Hara



After residents from Kennebec Manor and Kings Way Care Centre expressed interest in trying some new forms of exercise, we reached out to KV Golden Gloves Coach, Tim



Hayes (Quispamsis). Tim was very open to the idea of having our residents come to the gym to participate in a modified boxing class. After some quick planning, the adventure began!



A group of 10-15 residents participates in the boxing class twice per month. Tim and his coaches lead everyone through a stretch warm up and then get right to work with the pads, speed bag and heavy bag. We have seen tremendous results and participation amongst the residents who attend. Especially amongst those who have had a stroke that left them with a weaker side of their body. We have witnessed them really trying (and succeeding to the best of their ability) to lift their weakened arm to reach the pads or heavy bag. It has been really inspiring! The class is adapted to suit the

needs of people in wheel chairs or walkers. We make sure that there is a chair to sit on while the upper body is exercised.

Our residents living with degenerative diseases have also find the class very helpful. Gord Hills who has been in a wheelchair for nearly 20 years because of his MS stated 'it's the only time lately that I've been able to work up a little bit of sweat!'. Another resident. George Polley said 'it gets you using muscles you haven't used in a while.' This class is something different and unexpected when you think of people living in a long-term care community. It's great exercise and really gets the blood pumping and most importantly provides the participants with a good laugh and something to talk about with staff, friends and families.

Our oldest boxer just turned 92 which means that there is an 89-year differences between the youngest and oldest boxer at KV Golden Gloves. This class has demonstrated that you are never too old or too 'frail' to try something new when it can help to improve your health and well-being.

Meals on Wheels Opens its own Kitchen!

Announcement

By Betty Daniels

The Meals on Wheels home delivery program has been operating effectively and efficiently in our city and the surrounding area for the last 50 years. Until recently, the meals have been prepared in part by the Dr. Everett Chalmers Regional Hospital and in part by the York Care Centre.



The Meals on Wheels home delivery program has been operating effectively and efficiently in our city and the surrounding area for the last 50 years. Until recently, the meals have been prepared in part by the Dr. Everett Chalmers Regional Hospital and in part by the York Care Centre.

We have been growing rapidly, however, and have recently surpassed the number of meals set as a daily maximum by these two sources. After 2 years of searching for alternate meal sources, we have followed the example set by other Meals on Wheels operations and opened our own kitchen.

We are currently preparing about 25% of our meals ourselves and we hope to eventually produce a large percentage over time. At present, we are delivering an average of 190 meals a day and we have been growing at a rate of about 20% per year for the last several years.



Kathy has cooked in nursing home kitchens and is a wonderful asset. Kathy says “the last 6 months have been crazy, extremely busy and fun! But it works! I couldn’t ask for a better bunch of people to work with and I’m looking forward to the next 6 months!”.

Accessibility at the Beach!

Interview with Para NB

By Erin Jackson

You may have recently heard about the accessible beach equipment at Inverness Beach in Nova Scotia, allowing individuals with disabilities the chance to enjoy the beach. Eager to find out what’s available in New Brunswick, Collaborative coordinator Erin Jackson interviewed Para NB’s manager Mathieu Stever on accessible equipment in New Brunswick.

What Equipment is Available for use?

A **beach wheelchair** is a sturdy, light weight, all terrain piece of equipment that allows easier access in sand and other soft soils. It is equipped with balloon flotation tires to allow for extra stability and easy rolling. There is one



With the help of Helen, our wonderful Wheels to Meals luncheon cook, we set up our own 3-week menu selections and hired a new cook, Kathy.



beach wheelchair in our inventory and is it on permanent loan at Parlee Beach in Shediac. Users can request the chair on a first-come, first-served basis.

The **Hippocampe Beach & All-Terrain wheelchair** offers individuals with disabilities accessibility to difficult terrains, impossible in a standard wheelchair: beach, sand, swimming area, hiking trails, snow, mountain. It can be towed or pushed. There are currently five Hippocampes available to loan through Ability New Brunswick's Para NB Equipment Loan Service.



Who can use this Equipment?

Anyone with a mobility disability can use this equipment. The Hippocampes available through Ability NB's Para NB Equipment Loan Service come in medium (youth) and large (adult) sizes. Requests from older adults are just as popular as requests for children.

The Para NB Equipment Loan Service is a provincial, bilingual service that aims to increase access to adaptive sport and recreation equipment and devices for persons with a physical disability in NB.

How can Individuals Access this Service?

Loan requests can be made by submitting a request on their [website](#) or by calling the office at 506-462-9555. All requests for equipment loan will be made to the Para NB Equipment Loan Service Coordinator by submitting the Para NB equipment loan request form at least one month prior to the date equipment is needed.

How has this service impacted Individuals, Families and Communities?

The biggest impacts are related to social and emotional wellbeing. Most individuals living with a mobility disability have not had the opportunity to access rugged terrain such as beaches, backwoods, and snow-covered areas in years. Taking part in these social activities can promote new friendships and a sense of belonging for individuals who feel isolated.

Some equipment such as adaptive trikes allows older adults the freedom to ride a bike with added safety features while enjoying the benefits of physical activity. The benefits of taking part in this type of physical activity includes regulating healthy blood pressure and regular heart rate, management of blood sugars, and overall physical wellbeing.

How does this service impact Healthy Aging?

Healthy aging is directly related to healthy social stimulation. A person's mental health is important throughout one's life but especially in the later years. Social interactions and strong friendships help fight depression and helps promote a positive outlook on life. This equipment is a tool to enjoy and unlock what life has to offer.