



WHAT'S NEW?



Staying Connected

Learn about a community check-in program that has rolled out across New Brunswick!

Creating a Community

Hear from Iris Page and how she has used her journey through sight loss to connect with others on a similar journey.

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Staying Connected

Learn about how one NB nursing home is providing outreach to their community through breastfeeding awareness and support!

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Falling into Wellness

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.

In honor of New Brunswick's Wellness Week, which took place from October 1st to 7th across the province, the theme of the fall newsletter will be, you guessed it, wellness! In this edition we will hear local stories that highlight personal, workplace and community wellness.

Learn about "Nursing Home Without Walls", a concept that utilizes expertise and compassion of community members to support Aging in Place.

Interested in taking part in more events that promote wellness? Learn about two upcoming events; one in Edmundston and another in 14 regions across New Brunswick!



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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Nursing Homes Without Walls

A Resource for Aging in Place

By Patricia Harrington; Cathy Stright; and Suzanne Dupuis-Blanchard

When working in a Nursing Home, we experience supporting people at an extremely vulnerable time in their lives. To need to live at a nursing home, care requirements are very high and sometimes the residents have just been through a crisis in their life and health. People who work within the nursing home sector are specialists in caring for older people and people living with chronic conditions such as dementia, diabetes, arthritis, high blood pressure, and other ailments.

Nursing Homes are central to their communities with people from the community working together to care for the residents. In many cases, caregivers knew the residents before their lives required the level of care they do today. In fact, often the resident in a Nursing Home has been the person who cared for others in their community, frequently they were the pillars that held their community together during tough times and celebrated the good times of the passing years with each other.

Nursing Homes Without Walls (NHWW) brought forward the concept that the knowledge and experience found within the Nursing Home could benefit the older population still living in their own homes. The partnership that Westford Nursing Home and Dr. Suzanne Dupuis-Blanchard entered into was to help the older population within a geographical area to better understand the resources within the community. With better understanding comes an empowerment that helps to position the older people and their caregivers with information when they need it. They learn that they are not alone, and they know where to turn for help before a crisis occurs.

This past summer, with the help of two university students, the NHWW in Port Elgin was able to produce a Community Resources Guide for seniors and their caregivers as well as a Decision Tree Map to support health professionals' direct seniors and their families to appropriate services. Individual interviews were undertaken with local seniors with the goal of understanding their perceptions of NHWW and the services they would like to have offered. To celebrate summer and the project's accomplishments, a Social Tea event was held where approximately 50 members of the community took part in discussion, music and refreshments. This work was supported by a local community project committee that met regularly at the Westford Nursing Home and funded through a research grant from the New Brunswick Innovation Foundation.



In the photo: Students and community members attending the Social Tea. Photo by Joan LeBlanc.

NHWW is bridging a gap to help the older population to not be afraid to reach out for help; to build a trust that encourages people to learn more about the challenges that can come with aging; how these challenges can be addressed; and how independence can be fostered. This initiative has been designed to promote healthy aging, reduce social isolation and encourage older adults to age in place in the community for as long as they can do so safely.



Nursing Homes are needed to care for our most vulnerable population; however, through initiatives such as NHWW Nursing Homes can also support people to remain as independent as possible and to delay or eradicate some health crisis that can occur as we age.

Frederictonian adjusting to life with sight loss

CNIB

By Christine Kennedy-Babineau, CNIB NB



In the photo: Iris Page

At 85 years old, Iris Page doesn't let anything hold her back. Just two years ago Iris moved to New Brunswick to be closer to her son. She had known for many years that she had a hereditary form of age-related macular degeneration (AMD) but it was only after she moved that she began to experience sight loss resulting from this progressive eye disease. AMD affects central vision so while Iris does have some peripheral vision remaining, she describes her environment as "always appearing misty."

Iris reached out to CNIB (Canadian Institute for the Blind) and received assistance from Vision Loss Rehabilitation New Brunswick to help her remain independent in her

home. The Independent Living Skills Specialist placed markers on her microwave and stove, allowing her to be self-sufficient in her kitchen. The Low Vision Specialist helped Iris learn to use a Closed-Circuit Television (CCTV) for reading. Referring to the CCTV, which has a camera that magnifies anything placed under it, Iris says "it changed my life overnight".

Click [here](#) to see an interview of Iris, where she showcases some of the supports she uses to remain independent in her home.

But Iris was still looking for more. New to the province and to her vision loss, she was searching for opportunities to make new friends and get out of the house. She became a CNIB volunteer and founded a peer support group in her city. The aptly named Coffee & Chat group meets monthly at the Fredericton Public Library providing participants, like Iris, access to a network of people who have sight loss, as well as a forum to discuss challenges, share ideas or simply enjoy a cup of coffee and know they are not alone in their journey. "It's such a comfort to know that CNIB is there for me to talk to, no matter what the problem is," says Iris. "I know that CNIB will be there if my vision gets worse and I need more help – this reduces my anxiety down to zero." She encourages anyone newly diagnosed with an eye condition to reach out to CNIB and "to take a big deep breath, it gets better".

Iris is currently hosting a Peer Support group, aka Coffee & Chat, for Fredericton residents with sight loss at the Fredericton library each month as part of our foundation program initiatives that support wellness of seniors in NB.



About CNIB



NEW BRUNSWICK

FOUNDATION

Established in 1918, CNIB provided food, clothing, residences and library services to blinded veterans and other Canadians living with vision loss. Our organization has evolved over the last 100 years; in addition to charitable programs – such as advocacy, research, Shop CNIB and client support – CNIB is now the primary provider of vision rehabilitation in New Brunswick. In recent years, increased funding from the provincial government has allowed CNIB to provide essential services under a new name: Vision Loss Rehabilitation New Brunswick. In collaboration with our health care partners, our team of skilled, dedicated vision rehabilitation professionals work with New Brunswickers of all ages to enhance independence, safety, mobility and quality of life.

Through our charitable foundation, CNIB is also committed to offering a range of CNIB Foundation Programs, that are entirely dependent on charitable funding that complement and enhance our rehabilitation services. These programs focus on improving quality of life for individuals with sight loss and creating a more inclusive, barrier-free society. In 2018, we are proud to begin our second century – and we look forward to continuing to work closely with those we serve, as well as with community organizations, health care providers, government and other stakeholders to create a

future in which every New Brunswicker with sight loss has the opportunity to fully participate in life.

Carleton Manor Quintessence Challenge

Providing Outreach to the Community

By Carolyn Brown

Our home was proud to host the Quintessence Challenge: “Breastfeeding: It Takes A Community”, as part of our outreach to the wider community and in keeping with our efforts to partner with other events and worthy causes in the area. What a success this was with parents, babies and children, grandparents, staff, our neighbours and visitors coming together to learn about breastfeeding and how we can better support mothers who have chosen to breastfeed. There were three emergency vehicles present for the children to explore, wonderful refreshments and door prizes. Children enjoyed face painting, making crafts and playing with the toys available, giving moms and adults the opportunity to share and chat with each other.



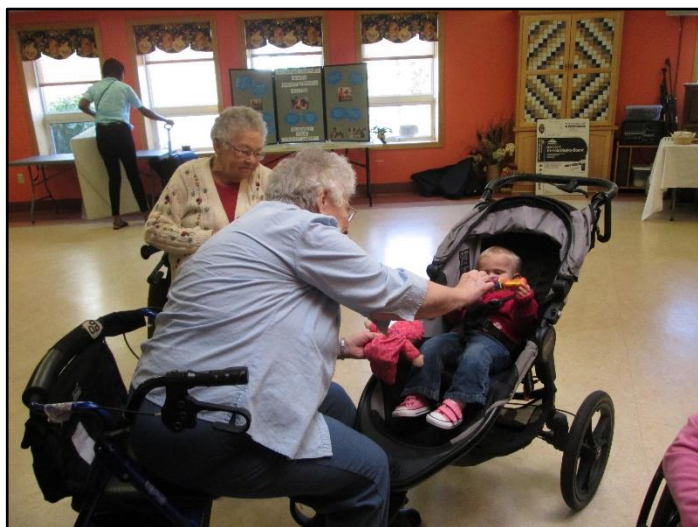


Community Check-In Program

Canadian Red Cross

What is the program?

The Canadian Red Cross is working to improve the overall health and wellness of older adults in New Brunswick through the Community Check-In Program. This is a free service available throughout the province and aims to promote social inclusion, prevent isolation and loneliness in the aging population, and provide peace of mind to the clients, their families and caregivers.



COMMUNITY
CHECK-IN
Keeping Seniors
Connected



LE COUP DE FIL
COMMUNAUTAIRE

Faire le lien entre les aînés
et la communauté

How does the program work?

This program matches participants with a compassionate, fully trained and screened volunteer who provides them with scheduled check-in phone calls throughout the week. Potential clients can refer themselves or be referred by family members, caregivers, or healthcare practitioners. The Red Cross Community Health Coordinator would then call the potential client to conduct a short assessment during which they will determine a time, day, and frequency of calls they'd like to receive. They are then matched with a volunteer based on their availability to meet the client's needs as well as common interests and hobbies.

It was wonderful to see our neighbours interacting with the children and babies and sharing their experiences of breastfeeding years ago.....and yes, some got their faces painted too. We hope the pictures will reflect some of the joy of the day. Thank you for letting us host this event!



Interested in getting involved?

Currently, the Red Cross is looking for clients who would benefit from this service and is also recruiting volunteers of all ages who would enjoy spending time connecting with seniors over the phone.

For more information, please click [here](#). You can also reach the program coordinators directly by calling 1-888-337-7688.

How much do you know about your brain?

North-West Wellness Network

By Marc Bossé, Wellness NB



Dès le mercredi 12 septembre 2018

Un minimum de 12 inscriptions est requis.

INSCRIPTION : 737-6846

Tous les mercredis après-midi entre 14 h et 15 h 30

Les sessions s'offriront de septembre à juin.

Bibliothèque publique

Mgr-W.-J.-Conway d'Edmundston

***Photo in French only*

The initiative

Between September and June, thanks to a beautiful partnership between the Edmundston public library and the important support of the Commission scolaire du Fleuve-et-des-Lacs, 37 participants can attend sessions to develop and improve their mental faculties, such as memory, concentration, vigilance, focus and many more.

Through different games, the facilitator, Denyse Mazerolle, brings people to use both hemispheres of their brain to complete various activities. Different studies reveal that the right hemisphere of the brain controls everything related to emotions, language and the world of possibilities, while the left hemisphere is responsible for rational thinking and math. By taking part in activities that engage both hemispheres, participants benefit from guided exercises allowing them to feel connected to other people while developing their skills in a relaxed environment, without competition, where they can freely share their opinion and intention.

One of the important foundations of the project is the Self-Determination Theory (SDT), especially what contributes to maintaining motivation through CAR practices. In fact, SDT-related studies over the past 30 years show that motivation is driven by three basic needs: competence, autonomy and relatedness.

For this reason, sessions are created to get people to share their strengths, while supporting each other and sharing their opinions. Some games require exceptional logical thinking while other activities call upon the imagination. Both are necessary for the success of the group.



People often fuel fears associated with brain aging, both with regard to Alzheimer's and the sporadic loss of short and/or long-term memory. The Cerveau en 100-T project addresses these components in addition to providing people with necessary skills, allowing them to express their opinions and giving them a sense of belonging to the community.

**Sessions are available in French only.



Attend a 50+ Wellness Event AFANB Announces Upcoming Dates



Association francophone
des aînés du
Nouveau-Brunswick

Au cœur de l'action en Acadie!

Until November, the Association francophone des aînés du Nouveau-Brunswick offers 50+ Wellness Events to the population of 14 New Brunswick municipalities.

In addition to having access to kiosks, participants will be able to perfect their knowledge through workshops and activities. Jolaine Thomas will return with her presentation on creating a network of caregivers, the professional dieticians Karine Comeau, Gabrielle Robichaud, Stéphanie Godin and Lyne Gaudet will take turns presenting the workshop *Mangez bien – sentez-vous bien*, Dr. Samuel Daigle will present *Vivez bien – une prescription universelle gratuite* and Marie-Josée Kuate will return with exercises and relaxation activities. Another session will give participants the ability to familiarize themselves with the projects and initiatives of the Association francophone des aînés du Nouveau-Brunswick.

Participants of 50+ Wellness Events will have onsite access to a registered nurse. She will be able to test blood pressure, cholesterol levels as well as blood glucose.



In the photo: 50+ Wellness Event participants in Grand Falls last spring.

In 2017, some 2,000 participants from Francophone communities of New Brunswick, took part in 50+ Wellness Events.

Click [here](#) to see the wellness event schedule. **French only.

Click [here](#) to see the wellness event program. **French only.