



WHAT'S NEW?



Moncton Yarns

Learn about a new program that aims to bridge the gap between generations by connecting students with older adults to share knitting skills and stories. They are looking for participation from care homes!

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Kindness Campaign

The NBANH is seeking submissions for Acts of Kindness to celebrate Nursing Home Week 2022. Learn more about how you can get involved on page 6.

A Season of New Opportunities

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

The change of seasons fosters a readiness to reflect and refocus on new opportunities. This edition includes stories of new and existing projects that are continuing to develop, expand and welcome future possibilities.

See how Passamaquoddy Lodge is working to transform the home environment for residents, using a housing model that will foster support, inclusion and connection throughout the larger community.

Zoomers on the Go continues to thrive and expand both online and in-person. Learn more about how you can get involved as a leader in your local community.

This edition also includes information on some new virtual learning opportunities and programs that are available to New Brunswickers.



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 New Brunswick. Email your stories, ideas, and updates to admin@nbcollab.ca.

Erin Jackson
Coordinator

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Nursing Home Renewal

Passamaquoddy Lodge

By Caroline Davies, Board President, Passamaquoddy Lodge

The Board and staff of Passamaquoddy Lodge have been working hard since 2019 to research, design and propose a Demonstration Project that would not only replace the current 50-year-old facility with 60 individual rooms (a change from 20 singles and 20 doubles) but add a community hub to support those aging in the community and caregivers supporting those aging at home, as well as incorporating a new building for the Passamaquoddy Early Education Centre. This proposal is a leading-edge household model design providing the next generation of care.

We set out to renovate the existing building, an option that would have left us with a mixture of new and old, and some of the rooms would still not meet today's provincial standards. We then explored what other options were available to us. We spent considerable time with Green House Project (GHP), a leading American not-for profit organization founded on the belief that everyone has the right to age with dignity, where residents and others enjoy excellent quality of life and quality of care; learning about their philosophy, their change management process and the body of knowledge and research they bring. The GHP model seeks to protect the right of residents to the best home environment by destigmatizing aging and humanizing care for all people through the creation of radically non-institutional eldercare environments that empower the lives of those who live and work in them.



We opted for the household design, based on the Green House model, to provide the best home environment for our residents, each with an individual room and bathroom, with the added benefit of being pandemic responsive. The Town of Saint Andrews has been very supportive of our efforts, committing 12 acres of land to build this new long-term care, community care, and day care facility. They are also looking to assist us to repurpose our legacy home for affordable housing, the top social economic development priority for the Town.





Neighbours in Aging

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We believe our concept meets the needs of seniors both aging in care and aging in place, as well as the needs of children requiring day care, all in an intergenerational environment. Our Project includes:

- Evidence-Based, Pandemic-Responsive Model
- Household Model
- Intergenerational programming
- Support to aging in place/aging at home
- Integrated in the community
- Best practices & technology
- Template created for other communities to use

In addition, we have received a grant for Civic engagement for health among older adults: A strategy for aging in place, to determine what the community needs are to best support aging in place.

Providing the care and home environment our residents deserve, support to seniors to allow them to continue to live independently and to support care givers, as well as integrating intergenerational activities, will help keep this community vibrant and healthy.



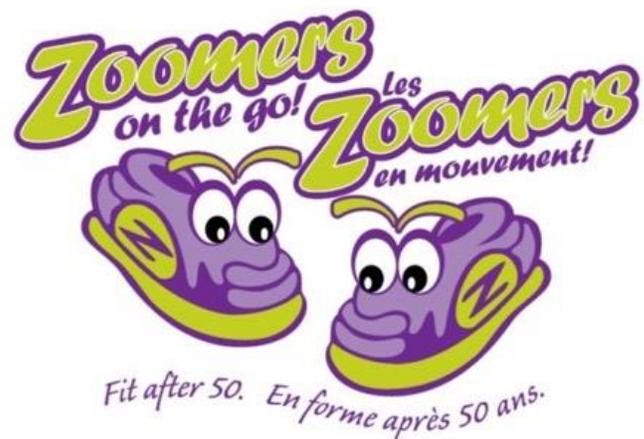
Covid-19 Could Not Stop Us

Zoomers on the Go

By Vanessa Pitre, Master's Candidate, CELLab

The Zoomers on the Go program began in 2009. It was created to reduce the risk of falls for older adults in the

Greater Saint John area. All the info about the program can be found [here](#).



In 2017, the [CELLAB](#) at UNB received research funding allowing the formal evaluation of this peer-led program from the New Brunswick Health Research Foundation and the Government of New Brunswick and later expanding its in-person classes to other communities across New Brunswick with funding from The Healthy Seniors Pilot Project funding from the Public Health Agency of Canada. Classes are now being offered all over New Brunswick in both English and French and online and in-person. We are even having conversations to expand across Canada!

This term, after dealing with COVID-19 restrictions and related issues, we still have 32 leaders, 21 locations, and over 500 older adults participating in this 12-week program either online or in person. The classes involve a mixture of resistance training, balance activities, and flexibility work.

The research has shown that the program improves the ability to complete daily tasks, such as getting out of the chair, walking long distances and greater balance – all



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improvements that could lead to a reduced risk of falls. This improvement has been seen in both online and in-person classes.

Online classes were initially started to give participants the option to exercise during the COVID-19 pandemic when all in-person classes had to be stopped. Participants enjoyed online classes so much that we decided to keep the online classes as an option to participants.

“Online classes are terrific, especially with more COVID-19 restrictions keeping us at home. Being signed up to online classes is a form of discipline – I always try to work my schedule to be able to participate.” – Zoomers on the Go Participant Online Fall 2021.

However, our research shows that online classes do not lead to some improvements such as those observed in person. For example, the mood of participants was not improved for participants online, but it was for participants in-person. This is not surprising and relieving to see that the future is not ONLY online.



We are currently looking for more Zoomers on the Go leaders all over the province. If you are interested in offering this program to your peers or becoming a participant in this program, contact us at 506-458-7034 or zoomersonthego20@gmail.com.



Moncton Yarns

Bridging the Gap Between Generations

By Veronique Paradis, Volunteer Coordinator, Festival Inspire

INSPIRE

Festival Inspire is a New Brunswick based - international, traveling, multidisciplinary arts festival that aims to make all the arts accessible to all. Founded as a non profit in 2014, Inspire will be traveling around NB all summer long, stopping in Moncton from July 11 - 16, 2022.

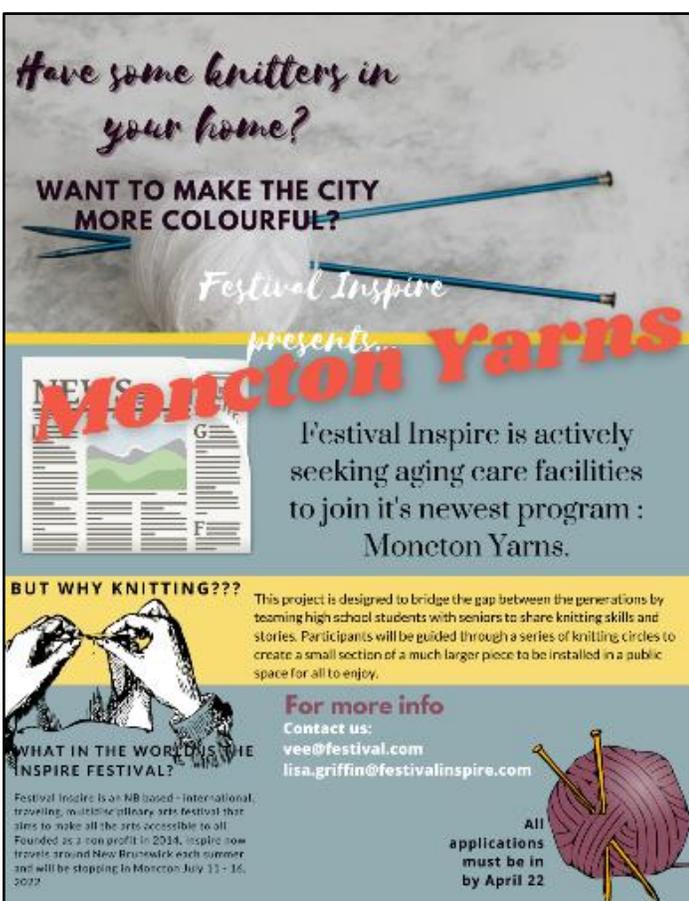
Inspire is actively seeking three aging care facilities to join Festival Inspire's newest program: **Moncton Yarns**.

Designed to bridge the gap between the generations by teaming high school students with seniors to share knitting skills and stories. Participants will be guided through a 10-week program to create a section of a much larger piece to be installed in a public space for all to enjoy.



Neighbours in Aging

Have some knitters in your home!? Want to give your residents the chance to help make the city more colourful!?



Click [here](#) to see the poster.

Want to know more? Contact us: vee@festivalinspire.com

Deadline for applications: **April 22, 2022**



Indigenous Voices: Cultural Safety in Palliative & End of Life Care

New Virtual Hospice Indigenous Cultural Safety Resources Available

By Canadian Virtual Hospice



Acknowledging that Indigenous voices are often left out of western health models – Virtual Hospice has developed a suite of resources focusing on establishing and cultivating relationships founded on trust between health providers and those served. Trust enhances person-centered care, client and family care experiences, and uptake in health initiatives which all contribute to improving health outcomes.

Content creation was led, developed, and validated by Indigenous Elders, Knowledge Carriers and Indigenous scholars, in collaboration with healthcare experts, specialists, experienced care providers, community advocates, caregivers and Indigenous Peoples with lived experience of advanced illness, and their families. Knowledge within the tools transcends all health disciplines; anyone in healthcare (clinical/non-clinical) can benefit from the resources, including individuals or groups providing support in the wider community, such as social and community care providers, volunteers, and more.



“Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs. When culture and traditions are enabled, the person who is ill and their family feel heard and supported.” - Holly Prince

Access FREE/Online Indigenous Cultural Safety Resources & Training:

[Indigenous Cultural Safety Training Modules](#)

3 modules (NEW 4th module exploring cultural safety in grief support, coming Spring 2022) – receive certificates for each module, review content from portal dashboard any time after completion.

[Coming Full Circle - Planning for Your Care Guidebook](#)

Guides individuals, family, and health providers through preparedness for person-centered advanced care planning.

[Living My Culture - Digital Storytelling Collection](#)

Honours traditional oral teachings; immerses the audience in lived experiences of diverse Indigenous voices.

Visit www.virtualhospice.ca to sign up for our monthly eNews and stay informed about the latest news in palliative care and developments at Virtual Hospice. Inquiries or feedback about Virtual Hospice content can be directed to info@virtualhospice.ca.



Call for Acts of Kindness

Nursing Home Week 2022

By Melanie Eva, Administrative Coordinator, NBANH



To highlight our 50th year, the New Brunswick Association of Nursing Homes (NBANH) wants to spread kindness during Nursing Home Week 2022 (tentatively June 5th to 11th, 2022). Acts of Kindness can come from staff, residents, families, volunteers, and or members of the community.

Help us spread Kindness. We are seeking a short description of an event or an act of kindness that has touched your nursing homes and communities. We require a short description, and a visual (whether it's a photo, or video). All formats will be considered.

These acts of Kindness will be shared on the NBANH Facebook and Twitter page.

Here is how we can be reached:

- By email: meva@nbanh.com
- By calling : 506.460.6262

Please send your acts of kindness to Mélanie Eva, by email at meva@nbanh.com or call the office at 506.460.6262, if you have questions.

We will be accepting submissions for acts of kindness until **May 27th, 2022.**





A New Way to Protect New Brunswickers from Financial Exploitation

Trusted Contact Person

By FCNB



FINANCIAL AND
CONSUMER SERVICES
COMMISSION

At some point in life, adults may experience a decline in financial awareness and health due either to a crisis or the natural aging process. In these situations, they become reliant on the help of family members or caregivers to assist them in making financial decisions, making them prime targets for financial fraud and exploitation. The risk is even higher for those who have cognitive impairment caused by disease or other factors, such as Alzheimer's, missed medications or short-term medical issues.

At the Financial and Consumer Services Commission of New Brunswick (FCNB), one of our priorities is to identify ways to address financial abuse, particularly financial abuse of older and vulnerable adults, within the industries that we regulate. To help protect potentially vulnerable clients from financial abuse and exploitation, FCNB and the Canadian Securities Administrators recently introduced the Trusted Contact Person. The Trusted Contact Person initiative provides registered financial advisors with a tool to help protect their clients should they suspect the client is experiencing financial exploitation or diminished mental capacity.



What is a Trusted Contact Person (TCP)?

A TCP is someone a client authorizes their financial advisor to contact in limited circumstances. It allows the financial advisor to know who their client trusts and who they have permission to contact when they are concerned about the client's wellbeing under specific situations, like if the financial advisor has concerns about possible financial exploitation of a client who is vulnerable or about the client's mental capacity to make decisions involving financial matters. For example, the financial advisor may contact the TCP when they can't reach their client because the client has taken an extended vacation and forgot to inform them. Or, in a more complex situation, they may contact the TCP to ensure the validity of a request that is out of character and they believe the client is vulnerable and being financially exploited.

The Trusted Contact Person initiative is separate than that of the power of attorney, guarantor, or trustee. A TCP does not have authority to authorize transactions or make decisions on the client's behalf. A TCP is a tool for



financial advisors to help protect older and vulnerable clients should they need to.

It's important for all New Brunswickers to consider this important tool. A health crisis may strike at any time, rendering a person vulnerable to financial exploitation or issues that might affect capacity to make financial decisions.

To learn more about the Trusted Contact Person initiative and the steps New Brunswickers can take to protect themselves from fraud and exploitation, visit FCNB.ca.



Seniors Living Specific Online Certificate Programs

Welcoming Enrollment from NB

By Anush Gyunashyan, Learning & Development Manager
ASCHA

Whether you want to upgrade, change careers, or sharpen your skills, the Alberta Seniors & Community Housing Association/Red Deer Polytechnic flexible online Certificate Programs can help you get where you need to be. Managing a senior living community requires a dynamic combination of flexible skills, leadership, and strong ethics.



The [Site Manager Program](#) propels learners to the forefront of this ever-expanding and complex sector. You will develop skills, insights, and the confidence needed to take on the challenge of a leadership role in person-centered environments that emphasize quality support services and care.

You will also increase your understanding of retirement communities' governance and management principles in Canada. The [Activity Coordinator Program](#) will assist you in coordinating recreation and leisure activities which help seniors lead satisfying and stimulating lives. Graduates of this program leave with a catalogue of activities that they will be able to adapt and modify to enrich the lives of seniors, to build a sense of community, and to create a warm socially inclusive atmosphere for them. Click [here](#) for more information.



Save the Date!

*A one-of-a-kind national event
opportunity coming to New Brunswick!*

Save the date for the Canadian Frailty Network and the New Brunswick Health Research Foundation's [Showcase of Research and Implementation to Improve the Lives of Older Adults](#).

This event is for anyone interested in healthy aging – researchers, community organizations, older adults and their families and caregivers.



Date: Wednesday, May 11, 2022

Location: Delta Fredericton Hotel (in-person) OR online
(virtual) OR both

Cost: FREE!

SAVE THE DATE! **SHOWCASE OF
RESEARCH & IMPLEMENTATION
TO IMPROVE THE LIVES OF OLDER ADULTS**
MAY 11, 2022
Fredericton, New Brunswick

Logos at the bottom of the poster include:
- Canadian Frailty Network / Réseau canadien des soins aux personnes fragilisées
- New Brunswick Health Research Foundation / Fondation de la recherche en santé du Nouveau-Brunswick
- Healthy Seniors Pilot Project / Projet pilote pour les aînés en santé
- Collaborative for Healthy Aging and Care / Collectif pour le vieillissement en santé et soins

It will feature the latest innovations in technology, services, prevention strategies, treatments, and lifestyle enhancements happening in New Brunswick and across Canada, to improve the lives of older adults and their families, friends and caregivers.

Event details will be communicated shortly.

