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— See Article, Photos & Ad on Back Cover



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For more information on how to create a meaningful legacy, please contact Stephanie Fox, Vice President, at (506) 333-3952, by email at Stephanie.Fox@HorizonNB.ca or by visiting www.thegive.ca

— See Information, Page 3

37th Annual Automotive & General Flea Market

August 17, 18, & 19, 2018

Princess Louise Park, Sussex NB

Mark Your Calendar



— See page 13

Summer Issue 2018

Choices After 50

Features On:

- Estate Planning
- Retirement Matters
- Lifestyle Trends & Travel
- Fitness & Recreation
- Hearing Tips & Advice
- Healthcare Concerns
- Cartoons & Humour

"Fold & Go" Travel Guide inside...

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A Gift for the Future

The Hospice Legacy Foundation is a registered charity and serves as an investment fund for the purposes of supporting Bobby's Hospice. By including The Hospice Legacy Foundation in your Will or estate plan, you can leave a lasting legacy of quality end-of-life care to your community.

Call (506) 632-5593 for more information.

— See Article on Page 4

Every year, Bobby's Hospice cares for over 170 people who need in-patient palliative care and grief support. Some of these people are your neighbors, friends and perhaps family members.



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Canadians like to Travel with their Pets



The Power to Surprise

As the busy summer travel season approaches, millions of Canadians are planning to load up the car (and their pets) to head for vacation destinations across the country. Yet, the prospect of a road trip or hotel stay can spark fear and panic in even the most docile pooch or kitty, leading to destructive behaviors that may disturb other passengers or harm the pet. Much can be done, however, to smooth out the trip once owners are equipped with the right knowledge.

ADAPT YOUR PET TO THE CAR

Before embarking on the long car ride, get your pet comfortable with being in a vehicle. To do this, take your cat or dog for short rides around the neighborhood. This will help you determine if your pet has a problem with motion sickness or is excessively nervous while traveling, and will allow you time to talk to your vet before the trip. There are several products that help eliminate stress-related behavior associated travel with unfamiliar surroundings.

Consider the use of a carrier or harness for your pet when traveling. There are several varieties of crates, barriers or harnesses that will limit movement or escape of your pet from the vehicle. An excited or anxious dog could cause a dangerous distraction while an owner is driving. In fact, one of the most common and preventable causes for vehicular accidents is the driver's distraction because of moving objects, such as a pet in the vehicle.

CONSISTENCY IS KEY

Like people, pets like the predictability of keeping a schedule. Therefore, owners should keep a consistent schedule once they're on the road. Limit feeding to the normal feeding times, usually first thing in the morning at least one hour before leaving and in the evening when the day's drive is done. Also, keep fresh water in the car to ensure that they are hydrated throughout the journey. Be sure to bring any necessary medicines, veterinary records and emergency contacts, and maintain regular medication schedules.

Additionally, prepare to stop often, giving your pet a break every few hours. For cats, owners should pack a litter box and litter to also use during breaks or in the hotel at night. Pet owners should also be mindful of the dangers of leaving their pets unattended in the car. Temperatures inside a vehicle can rise quickly, leading to heat stroke. If you have no choice and your pet must stay in the car, lock the vehicle with the motor and air conditioning running.

SELECT THE "PURR-FECT" HOTEL

Finding a hotel that not only allows your pet but welcomes it should not be difficult. Last year, \$2.5 billion was spent on pet services including grooming and pet boarding. Many hotels have recognized this potential financial windfall and have opened their doors to four-legged creatures of all kinds.

This new breed of pet-friendly hotels range from those offering pet essentials, like a bed and treats, to high-end properties providing the ultimate in pet pampering. However, to guarantee a pleasant hotel stay for pets and to make sure they will be welcomed back; pet parents should remember to not only pack the essentials for themselves, but also for their four-legged traveling companion. Be sure to pack your pet's bedding whether it's a towel or old sweatshirt. It will retain your scent, and evoke feelings of home and comfort for your pet. While it may be tempting, pet owners should steer clear of hotel food and treats. Bring your pet's food from home, and avoid any disruption in diet. Also, by bringing along your pet's favorite toys you maintain their expected "creature comforts" and minimize the disruption in their environment.

Ultimately, it is the new sights and sounds that make vacation so much fun, but for beloved pets, the road can present cause for undue stress when they're faced with chaotic routines and unfamiliar environments. The adoption of the aforementioned tips will do much to ensure not only that the trip is calm, but that fun is had by all.

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When you think of the future what is it that you envision?

*New lifesaving medical breakthroughs and advances?
Or hope for a brighter future for all New Brunswickers?*

By remembering the Saint John Regional Hospital Foundation in your estate plans, you can create a legacy of healthcare excellence for all - now and for years to come while enjoying significant tax benefits.

It's where one life touches another, giving a priceless gift to patients and families for generations to come. Since legacy gifts come in all shapes and sizes, you may be able to make an even bigger impact than you ever thought possible - regardless of your income or size of your estate.



BENEFITS OF *Legacy Giving*



Technology is rapidly changing alongside the incredible advancements being made in science and medicine. It is through the *philanthropic support of our community* that our medical teams will be provided with the best resources to advance patient care.

By including a gift in your estate plans, you can:

- Provide a stable source of funding to meet critical research and program needs for the long-term
- Create a healthier future for families in New Brunswick for years to come.

Already decided?

If you have already decided to remember the **Saint John Regional Hospital Foundation** through a planned gift, please let us know. We would be honored to welcome you into our Legacy Society.

As a member you'll be invited to recognition events, hospital tours and educational seminars. You may have your name or your family's name listed in Foundation publications, or if you prefer, your gift can remain anonymous.



CONNECT WITH US

“ Do not go where the path may lead, go instead where there is no path and leave a trail. ”

– Ralph Waldo Emerson



SAINT JOHN REGIONAL HOSPITAL FOUNDATION
DE L'HÔPITAL SAINT RÉGIONAL JOHN

For more information on how to create a meaningful legacy, please contact Stephanie Fox, Vice President, at **(506) 333-3952**, by email at **Stephanie.Fox@HorizonNB.ca** or by visiting **www.thegive.ca**



Bobby's House – When Home is no longer an Option...

The focus is on Care and Comfort, not Cure

When home is no longer an option, Bobby's Hospice is there to help. We provide high quality 24-hour, in-patient palliative care in a home-like, peaceful setting. *At Bobby's Hospice, our focus of care is on comfort, not cure – and on life, not death.*

Our goal is to make each person's last months of life as comfortable and meaningful as possible while also providing support to family members and friends.

Patients are admitted by a physician, either through a family physician if the patient is at home or through the Palliative Care Unit if the patient is in the Saint John Regional Hospital.

You are always welcome to call Bobby's Hospice directly at (506) 632-5593 if someone you love is need of in-patient palliative care services.

Our team of physicians and nurses provide expert pain and symptom management and compassionate, skilled care 24-hours a day. Our cooks prepare delicious, home-made meals. Our spiritual care and grief support services help patients and families cope with the end-of-life journey and saying goodbye to loved ones and our trained volunteers provide valuable non-medical support services.



We also provide music therapy and pet therapy.

The cost of care at Bobby's Hospice is \$465/day. Government is providing \$210/day which covers the costs of our 24-hour expert nursing team. Hospice depends on our generous community to donate over \$1M each year to cover the remaining costs of care which include food, laundry, medical supplies, heat, lights, laundry, etc. are funded by our generous community.

You can help by donating to Hospice or leaving a gift in your Will to our Legacy Foundation. The Legacy Foundation serves as an investment fund to support Bobby's Hospice. One hundred percent of your donations stay here in our community to care for people we know!

Courage is the first of human qualities because it is the quality which guarantees all the others...

A smile only goes so far, but it does show you care...



A Gift for the Future

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Call (506) 632-5593 for more information.

Every year, Bobby's Hospice cares for over 170 people who need in-patient palliative care and grief support. Some of these people are your neighbors, friends and perhaps family members.



*A solution to traffic problems:
Don't allow cars on the road until they're paid for...*

*When you do something, don't be a wheelbarrow about it,
Don't always have to be pushed...*

Fresh Hair Studio wants to welcome Sabrina Poirier, and invites previous and new clients to visit at her new location - 698 Rothesay Ave., Saint John

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Carol Maber – Editor

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The Poverty of Loneliness!



by: Sharon A. O'Brien, RN, PG, BSW, RSW, CG,
Vice-President, Policy & Education, Senior Watch Inc.

We hear a great deal these days of the increasing poverty in our society and in our community. For most of us “poverty” evokes pictures of people living in substandard housing with no means of accessing what we would consider basic necessities; e.g., food, medicine, clothing.

However, there is another level of poverty that is becoming epidemic particularly among the older population. That is the poverty of loneliness. This occurs when nurturing relationships are missing in their lives.

The basic needs of housing, food, and health care may be met through community organizations and programs. The big question is how can we identify those who go from day to day with very little or even no human contact to remind them of their worth?

What can we do to dispel the terrible loneliness that overcomes them? Do we really care about this segment of our population?

What difference could we make if each person reading article reached out to one elderly person and followed through with an appropriate action; e.g., a phone call, a trip to the grocery store (stopping for an ice cream cone or a cup of tea!), stopping in for conversation, a card reminding them that they are important to us..... There are 168 hours in every week. Can we even imagine what the gift of one hour could do to dispel loneliness?

Yes, we are a busy society, but we need to remember that it is possible that one day we, too, could sense that same loneliness. What would brighten our day?

*Those who respect themselves will
earn the respect of others...*

*When you sit with a nice girl for
two hours, you think that it is only
a minute. But, when you sit at a hot
stove for a minute, you think it's two
hours. That, said Albert Einstein,
is relativity...*

*Nature, day after day, is painting
pictures for us of infinite beauty...*

*The greatness of any person can
always be measured by their willing-
ness to be comforting and kind...*

What Difference Can a Grandmother Make

Many people can influence the decisions and lives of children, but what role do grandmothers play in helping them succeed in life?

New York Times #1 bestselling parenting author Linda Eyre answers this question in her new book “Grandmothering: The Secret to Making a Difference While Having the Time of Your Life”. When Linda became a grandmother, she realized that her relationship with her grandchildren was just as important as her relationship with her own children. With twenty-six grandchildren, Linda has become an expert in grandmothering topics like:

***Getting and Staying Connected with Your Grandchildren
Using Money for Your Grandchildren Wisely
Is It Your Job to Teach Values? (Integrity, Honesty, Courage)***

As she shares her insights, time-tested advice, and stories from a panel of grandmothers, readers will be able to view their role as grandmothers to be both essential and wonderful!

About the Author: – Richard and Linda Eyre are New York Times #1 bestselling authors whose writing career has spanned four decades and whose books have sold in the millions. They have appeared on virtually all major national talk shows including Oprah and Today, and have seen their books translated into a dozen languages.



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Senior Financial Abuse – Taking Action!

The Financial and Consumer Services Commission (FCNB) is working to safeguard New Brunswick's seniors and vulnerable adults from financial abuse.

Fears of age discrimination and loss of empowerment can keep seniors from speaking up when they are being abused. This can lead to social isolation, depression, anxiety and other negative side effects. FCNB released a report in June with recommendations following extensive research and consultations across the province. The recommendations are a step toward preventing financial abuse of seniors from occurring in the first place, and include:

- Legislative changes around the definition of financial abuse and protections for those who report it.
- Support for industry professionals who suspect clients may be victims of abuse.

- Educational initiatives to raise awareness of financial abuse and how to deal with it.
 - Promotion of inter-agency cooperation to combat the financial abuse of seniors and other vulnerable people.
- FCNB is committed to working to protect our seniors and encourages New Brunswickers to report suspected financial abuse.

Please visit fcnb.ca/seniors to read the full report and learn more to protect yourself and your loved ones against financial abuse.

*As long as we have memories, yesterday remains...
As long as we have friendship, each day is beautiful...
* * **

True love is for all seasons....

Protect your
loved ones
from senior
financial abuse.

Protégez vos
proches contre
l'exploitation
financière
des aînés.



Learn more about our role at fcnb.ca/seniors

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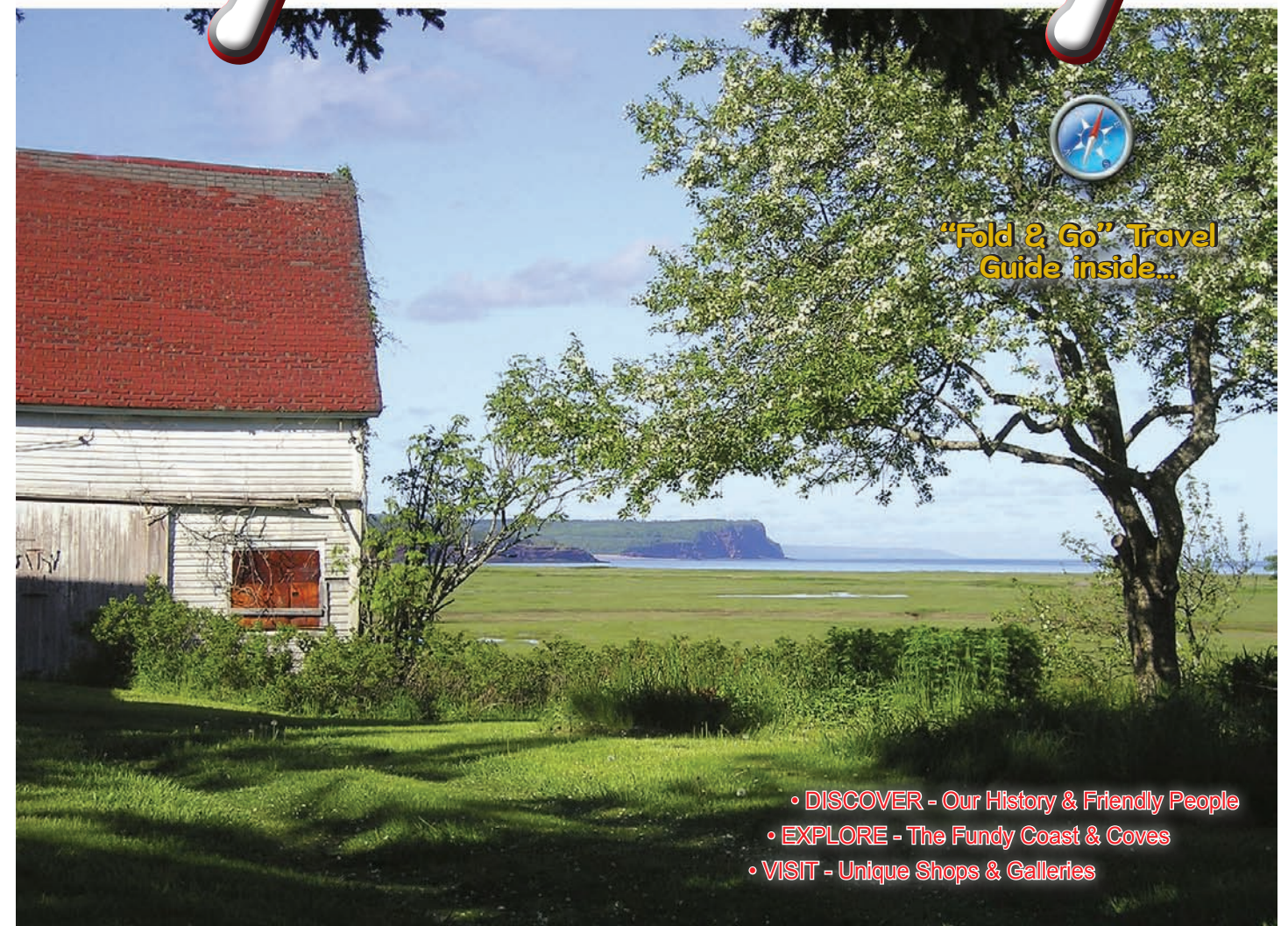
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By The Bay



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Explore Canada's Oldest Woolen Mill...

Briggs & Little woolen mill is located in York Mills, NB, since 1916. Previous to that it was called Little's Woolen Mill, and previous to that York Woolen Mills. The mill was first started in 1857 by George Lister one of the original grant holders in the Harvey area. In the 1890's it was bought by Roy Little, who ran it until 1916 when illness forced his family to move to a dryer climate. At this time the business was bought by Mathew Briggs and Howard Little, giving it the name it has today and carried on by these two gentlemen until the sudden passing of Mr. Briggs left half ownership to his son Russell who continued on with Howard Little until 1948, Russell sold his share to life long employee Ward Little.

Ward Little and Howard Little carried on as partners until 1954 when Roy Little (Howards son) became Ward Little's new partner. Ward and Roy ran the mill from 1954 until 1978 when Ward sold his shares to Grandson, John Thompson and Roy sold half of his shares to his son John. In 1988 John Thompson and John Little became the sole owners of Briggs & Little, and remain so today.

Some interesting historical facts about Briggs & Little:

- It has been re-built each time after 4 fires. The most recent being in 1994.
- The first colors other than white, grey and black were introduced in the 1940's and included Scarlet, Blue and Paddy Green.
- The mill was partially powered by water until 1994. Ward Little worked over 60 years at the mill.

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Let's Eat... Vito's Restaurant - 3 Great Locations

Vito's Restaurant – (uptown) is located on the corner of Union Street and Hazen Avenue, opposite the Brunswick Square car park. One short block from the inside pedway system, Harbour Station, or the Canada Games Aquatic Centre. Vitos newest location at 324 Rothesay Ave. in east Saint John carries the same great menu and has lots of handy, free parking. Their (KV) location at 111 Old Hampton Hwy., in Rothesay offers a beautiful setting with ample free parking and outdoor patio. All three locations offer a relaxing atmosphere, excellent food, reasonable family prices and friendly service. The house speciality is Italian cuisine, such as Caesar Chicken™, Pizza and Steaming Spaghetti. Greek dishes are served, and, traditional favourites are also offered such as Scallops, Chicken, Steak or Veal. Everything is prepared to please. With licensed, non-smoking dining rooms and a bar for relaxing, Vito's offers the perfect dining experience. Since 1972 Vito's reputation has been built on good food and good service. A favourite for visitors and residents alike. Call 634-3900 for Vito's uptown location or 634-1300 for Vito's east and 847-4400 for Vito's in Rothesay.

Discover Unique Shopping at it's Best...

Saint John is a shopping mecca, with major shopping centres located around and in the metro area. Shopping in today's Saint John is a great way to discover what our city has to offer. From unique one-of-a-kind to large malls – shopping will be rewarding and exciting.

McAllister Place Is Saint John's premier fashion destination. Located in the heart of the retail hub, it is one of the largest shopping centers in Southern New Brunswick and the only full service regional shopping centre in Saint John. McAllister Place offers families a complete shopping experience with over 100 stores and services. McAllister Place is home of Toys R Us, Sport Chek, H&M, Lawton Drugs, Goodlife Fitness, Party City & Marshalls (opening Sept. 25, 2018). Visit us on www.mcallisterplace.ca, Facebook, Twitter and Instagram. McAllister Place....this is the place!

Manchester Shoe Salon – We are Saint John's award-winning women's shoe, boot and handbag boutique, since 1994. Located on Level 2 of Market Square, in the heart of Uptown Saint John! We pride ourselves on exceptional service and a unique variety of stylish designer footwear for every woman - from bold and trendy to comfortable and supportive in a variety of heel heights.

Saint John City Market – The "Market" is a favourite location with cruise ship passengers or for that matter, any visitor. Stroll the isles, and view the offerings, local art, and freshly baked goods. A gathering place close to any holiday and a special place any day. Open daily. Call (506) 658-2820.

Market Square - Saint John's Festival Place – Located at the foot of King Street in Saint John's prime waterfront



Saint John City Market

district. Market Square delivers a unique blend of shopping, dining, and entertainment! Activities and events throughout the summer, featuring the Regional Library, NB Museum, outdoor waterfront Boardwalk patios.

Parkway Mall – Located on McAllister Drive, in Saint John's prime retail district, Parkway Mall offers customers value priced shopping and services, including Value Village, Fabricville, **Lancaster Mall** – located North off Route 1, Exit #119 A-B, South off Route 1, Exit #119 A in Saint John West, has many unique stores and services. Lancaster Mall offers plenty of free parking. This mall is a popular West Saint John location.



Prince Edward Square – Located on Union Street and Prince Edward Street in uptown Saint John. This popular shopping centre has many conveniences for the traveller.

East Point Shopping – The newest and most exciting shopping opportunities abound at this unique "top of the hill - overlooking East Saint John" shopping complex location. With exciting shops and outdoor markets on the weekends.



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A Don't Miss Bay of Fundy Experience in St. Martins, NB!

Fundy Trail Parkway is a 2,559-hectare (6,323 acre) park featuring a 30 km (19 mile) drive hugging the southern coast of New Brunswick on the world-famous Bay of Fundy. Its park entrance is located 10 km east of St. Martins, less than an hour's drive from Saint John and Sussex. This season the parkway can boast of 6 new soul-inspiring lookouts. The completed parkway features 21 lookouts, 15 observation decks, 5 tidal swept beaches and 4 waterfalls to enjoy. Guests can drive the paved parkway along magnificent coastal cliffs that tower at the water's edge. Easily accessible, the lookouts are situated right along the parkway while additional observation decks require a short hike. It is a great place to lace up your hiking boots and choose one of the nineteen trails to explore or hop on your mountain bike and discover some of the new pathways.

Carved out of the Fundy escarpment, this is one of the last remaining coastal wilderness areas between Florida and Labrador. The Fundy Trail understands and strives to maintain the delicate balance of human access while preserving the ecosystem, wilderness, and local history. The park is the perfect mix of nature and culture and lays claim to being part of two UNESCO-designated sites, Stoneham Global Geopark and the Fundy Biosphere Reserve. Why not stop by the Big Salmon Interpretation Centre, built in the style of an 1800s logging bunkhouse in a lovely setting overlooking the Big Salmon River. It features daily talks, historic photos, artifacts, a snack bar, a small gift boutique and restroom facilities.

A visit to Long Beach will reveal a 2 km tidal beach that extends out half a kilometre at low tide, perfect for exploring. Stop by the Long Beach Interpretive Centre to learn about the world's highest tides and the geology of the park.

Preparing to connect to Sussex in 2020, and outside the gates of Fundy National Park in Alma in 2021, these roads will significantly change New Brunswick itineraries forever to create the ultimate Bay of Fundy experience!

For more information about the Fundy Trail Parkway, please visit us online at www.fundytrailparkway.com or call 1-866-386-3987.

2018 Hours of Operation:	May 18 - Jun 22, 9 am - 5 pm	Jun 23 - Aug 19, 8 am - 8 pm
	Aug 20 - Sep 3, 9 am - 7 pm	Sep 4 - Oct 20, 9 am - 5 pm

2018 Daily Admission (HST included):

ADULTS (19-64 yrs)	\$9.00	SENIORS (65 yrs +)	\$8.00
YOUTH (5-18 yrs)	\$6.00	CHILDREN (4 yrs & under)	Free
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Visitor Information

Shoppes of City Hall
15 Market Square
(506) 658-2855

Open daily - year round

Barbour's General Store
10 Market Square
(506) 632-6813

Open May - Oct

Throughway Visitor
Information
1509 SJ Throughway
(506) 58-2940
Open May - Oct

Parking
Location



- 6** Rockwood Park
- 7** Loyalist House
- 8** Harbour Station
- 9** St. Joseph's Hospital
- 10** Harbour Passage
- 11** Jewish Museum
- 12** Lily's Lake Rockwood Park
- 13** Connecting Pedway
- 14** Barbour's General Store
- 15** Firefighters Museum
- 16** City Hall Offices
- 17** Cruise Ship Wharf
- 18** Boardwalk
- 19** Saint John City Market



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– Admission Fee \$5.00 per person (Children 12 and under Free with Adult) –

Princess Louise Park
Sussex, NB
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Friday, August 17, 2018 8 am - 8 pm
Saturday, August 18, 2018 8 am - 8 pm
Sunday, August 19, 2018 8 am - 3 pm



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✓ **Show & Shine** - Sunday 9 am - 3 pm
(One entrance pass per car – Min. donation of \$5 receive dash plaque)



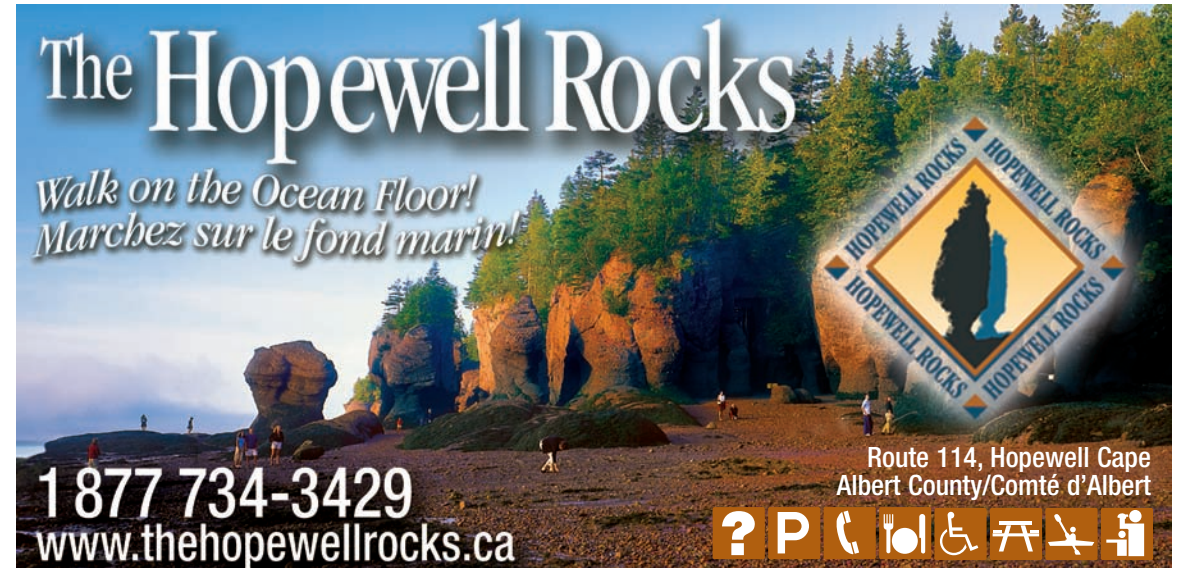
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Mac Tips: A Look at the “Mac” Dock...



The Dock is the bar of icons that sits at the bottom or side of your screen. It provides easy access to some of the applications on your Mac (such as Mail, Safari, Contacts and QuickTime Players), displays which applications are currently running, and holds windows in their minimized state. It's also the place to find the Trash (its icon looks like a waste basket). For your convenience, you can add your own applications, files, and folders to the Dock too.

To select an item in the Dock, simply click its icon. For example, if you want to listen to some music, click the iTunes icon (the icon with music notes) to open iTunes. When an application is running, the Dock displays an illuminated dash or a black dot beneath the application's icon. To make any currently running application the active one, click its icon in the Dock to switch to it (the active application's name appears in the menu bar to the right of the Apple logo).

As you open applications (or open files to launch applications), their respective icons appear in the Dock, even if they weren't there originally. That means if you've got a lot of applications open, your Dock will grow substantially. If you minimize a window (click the round, yellow button in the upper-left corner of any window), the window gets pulled down into the Dock and waits until you click this icon to bring up the window again.

The Dock keeps applications on its left side, while Stacks and minimized windows are kept on its right. If you look closely, you'll see a vertical separator line that separates them. If you want to rearrange where the icons appear within their line limits, just drag a docked icon to another location on the Dock and drop it.

The separator line in the Dock separates the application icons from Stacks and minimized windows.

When you quit an application whose icon resides in the Dock (such as Safari or Mail), the illuminated dash or black dot disappears, but the icon remains. When you quit an application whose icon doesn't

reside in the Dock (for example, you just finished playing Chess), its icon disappears from the Dock.

Tip: Control-click or right-click a Dock item to see a contextual menu of additional choices.

Adding and removing Dock items

EXERCISE: If you want to add an application to the Dock, click the Launchpad icon in the Dock and drag the application icon to the Dock; the icons in the Dock will move aside to make room for the new one.

EXERCISE: If you want to add a file or folder to the Dock, just drag its icon from any Finder window (or the desktop) and drop it on the Dock. The resulting icon that appears in the Dock is actually an alias of the original item (it's kind of a pointer to your original item). If you drag an application or file onto the Dock, you'll be able to open it anytime by simply clicking its docked icon. If you drag a folder onto the Dock, a Finder window of the folder's contents will display when you click the folder icon in the Dock.

EXERCISE: To remove an item from the Dock, drag its icon an inch or more off the Dock and wait a couple seconds, then release; the icon will disappear in a poof of smoke. There are some icons that you can't remove from the Dock, such as the Trash and the Finder.

Don't worry, you aren't permanently removing the item from your computer; you simply got rid of its Dock icon. If you want that item back in the Dock, locate the application, file, or folder in the Finder (or with Spotlight), and drag it back into the Dock.

Tip: You can change where the Dock displays and customize its animation style in Dock preferences.

– Dale Forbes – Mac Repair And Consulting 506.636.0385.
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If your Mac has encountered any of the following problems I can usually make a very cost-effective repair: Liquid spill damage • Broken LCD screen issues • Motherboard (Main Logic Board) issues • Hard drive issues & replacement • Operating system issues & updates.



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Do you know a senior who could benefit from some time socializing and having fun? Or are you caring for someone and need some relief during the day?

The Kings Way LifeCare Alliance Adult Day Centre in Quispamsis, is designed to support adults who wish to stay in their own homes and remain as independent as possible, for as long as possible.

The Centre provides support with activities of daily living and can assist people who are socially isolated, frail or living with the early stages of dementia. The program also provides relief for caregivers so that they can continue to care for their loved ones at home.

Program Activities:

Activities are based on each person's preferences.

Current activities included: Art, gardening, cooking, music, entertainment, exercise programs, walking club etc.

Other services:

Hair Care & foot care, transportation, Health care monitoring on issues such as medications, blood pressure, blood sugar levels, cholesterol, dressing changes and general health status.

Referrals:

Anyone can make a referral: individual, family member, caregiver, health professional etc.

Financial Assistance:

Financial assistance may be available through the Department of Social Development or Veteran's Affairs.

Department of Social Development
1-866-441-4340

Department of Veteran's Affairs
1-866-522-2122

Fees

Full Day \$50.00	Half Day \$30.00 (includes lunch and snack). \$25 without lunch
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The greatest happiness comes from the greatest activity...

King's Way LifeCare Alliance's Adult Day Programs

Do you know a senior who could benefit from some time socializing and having fun? Or are you caring for someone and need some relief during the day?

The Kings Way LifeCare Alliance's Adult Day Program in Quispamsis NB, is designed to support people who wish to stay in their own home and remain as independent as possible, for as long as possible. It is also a great opportunity for caregivers who need some respite/relief during the day or for seniors who are socially isolated, frail or living with the early stages of dementia. Caregivers can rest easy knowing their loved one is safe, well taken care of and having fun!

Individuals come to spend the day and take part in fun and exciting activities such as gardening, outings, exercise, entertainment, art etc., have a meal and snacks, and go back to their own home in the afternoon. The program also offers hair and foot care, transportation and health care monitoring on issues such as medication, blood pressure, blood sugar levels, dressing changes and general health status.

Anyone is able to make referrals to the Adult Day Program including the individual, caregiver, family member or health professionals.

Financial Subsidies may be available through the Department of Social Development or Veteran's Affairs.

For more information call 506-847-1131 ext 1116.

Plan Now for the 37th Annual Sussex Flea Market...

The Annual Giant Flea Market in Sussex, has it all, and is the NB Antique Auto Club's biggest and most popular event each year. Attracting hundreds of vendors and thousands of buyers.

The calendar says Summer is finally here, and many are already thinking ahead to August, when thousands of people each year look forward to one of the biggest flea markets around held in Southern NB. The 37th Annual Sussex Flea Market starting on August 17, 2018. With up to 900 vendors, this annual 3 day event draws thousands of visitors and is one of the most popular events of the summer. The New Brunswick Antique Auto Club sponsors the Sussex Flea Market which is the biggest and most popular flea market in New Brunswick, but first, here is a little bit of history.

The New Brunswick Antique Auto Club is a non-profit organization where friends meet and talk about their cars. The Club was formed at Harvey Station, NB. on September 18, 1966. In 2016, the club celebrated their 50th Anniversary. It is a provincial club made up of 7 regions: Fundy – Saint John; Lower Valley – Fredericton, Northeast-Campbellton, Bathurst, Miramichi; Northwest-Edmundston, Grand Falls, Perth Andover; Passamaquoddy-St.Stephen; Southeast-Sackville, Moncton, Sussex; Upper Valley-Woodstock. The NBAAC has a representative for the National Association of Automobile Clubs of Canada. (NAACC).

The club acts as a watchdog, keeping abreast with laws, which could affect antique car hobbyists. The NBAAC was also inducted into the Maritime Sports Hall of Fame in Pedicodiac, N.B. The Club accepts

all car enthusiasts regardless if you are an owner or not. The Club has approximately 400 members and growing.

Yearly Membership of \$30.00 will entitle you to the following:

1. A publication of Wheeltracks which review past activities and upcoming events.
2. A publication of the Roster's yearly listing all club members. This publication will assist you in finding your dream car or allow you to get in contact with car owners for information purposes.
3. It also gives you membership to the NAACC.

The Club's biggest annual event of the year is the Automotive & General Flea Market held in Sussex. This year will be the club's 37th year. The giant flea market takes place every year in the month of August. As you can imagine, a large number of volunteers are working months in advance to prepare for this huge and popular event.

Last year 100's of vendors were at the Princess Louise Park in Sussex for this exciting event. They come from all over New Brunswick, they also come from Nova Scotia, and Prince Edward Island, and some as far away as Ontario.

At this giant 3 day flea market, there really is something for everybody! Some special features include a Car Coral on Friday and Saturday for anyone who wish to sell or buy an antique or custom made car.

Dry camping is available for those selling their antique cars and campers. There is a Show & Shine on Sunday for anyone who wants to bring in their antique or custom made car.

Please note: Vendors are allowed pets at their sites, these pets must be tied. Visitors are not allowed pets.

For more information about the New Brunswick Antique Auto Club, please visit their web site at www.nbaac.org. When you visit the Flea Market, drop by the NBAAC's booth for information about the club. Hope to see you there!



37th ANNUAL

Sussex FLEA MARKET

sponsored by the
NB Antique Auto Club Inc.

Princess Louise Park
Sussex, NB
Hundreds of Vendor Lots



– Admission Fee \$5.00 per person (Children 12 and under Free with Adult) –
Friday, August 17, 2018 8 am - 8 pm
Saturday, August 18, 2018 8 am - 8 pm
Sunday, August 19, 2018 8 am - 3 pm

No Pets Allowed by Public

Car Corral - Friday & Saturday

Show & Shine - Sunday 9 am - 3 pm

(One entrance pass per car – Min. donation of \$5 receive dash plaque)



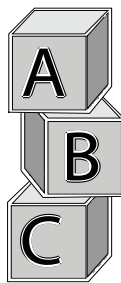
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Living with Vision Loss? We can Help...

It can be a difficult time when you or a family member experience a loss of sight. Fortunately, Vision Loss Rehabilitation New Brunswick – a CNIB organization – is here to help.

Our specialists will work with you, your ophthalmologist, optometrist and other health care professionals to create a vision loss rehabilitation plan that meets your needs and goals – and helps you get back to a fulfilling life. Your plan may include one or more of the following services:

Low vision services – If you have low vision, learning to use the sight you have left can be life changing. Our specialists can provide information about your eye disease and explain how it affects vision in an easy-to-understand way and teach you how to use lighting and colour contrast to maximize your remaining vision. Our low vision specialists help to use low vision devices for everyday tasks like reading small print on medications and food packages, to reading personal mail, newspapers, phone numbers and recipes, to watching TV, to reading street signs and bus numbers.

Essential skills for daily living – Our specialists can help you build the skills you need to live safely and independently with vision loss. This may include helping you learn safe methods of pouring a cup of coffee, preparing a meal and using household appliances. They will help you discover simple techniques for labelling medications, identifying money, using the phone and organizing household items and learn how to use large-print, braille and audio products, and adaptive technology as a part of day-today life.

Orientation and mobility instruction – Learning to travel independently with vision loss is an essential skill. Our certified specialists can help you learn to travel safely and independently. They teach people to navigate their home property, find and cross intersections, navigate new environments like a workplace or education campus. They help people regain independence by riding public transit with confidence to reach community resources like grocery stores, banks and shopping malls.

Adjustment to vision loss – Counselling is critical to people coming to terms with their vision loss, understanding and dealing with their emotions, and accepting the support and training that will allow them to live independent, active, lives. This includes assistance with finding community programs, financial subsidies and other helpful resources available in your local area. A structured eight-week adjustment to vision loss program facilitated by a trained professional helps form connections to others who can share similar experiences and advice on adapting to vision loss.

Vision Loss Rehabilitation New Brunswick is operated by CNIB and supported by funding from the Government of New Brunswick. For more information visit nb.visionlossrehab.ca or contact one of our centres nearest you:

Saint John: 506-634-7277 Fredericton: 506-458-0060
Moncton: 506-857-4240 Bathurst: 506-546-9922

Experiencing sight loss? What's next?

Six simple steps can help you get the support you need.

1 Make an appointment with your eye care professional

Have your eyes checked by an Optometrist or Ophthalmologist.

2 Confirm your diagnosis

Once you receive a diagnosis from an eye care professional, ask for your prognosis and treatment to be explained.

3 Ask about Vision Loss Rehabilitation (VLR)

If sight loss has made everyday tasks difficult, ask to be referred to Vision Loss Rehabilitation New Brunswick (a CNIB organization).

4 Explore your options

Share your story with specialists at your local VLR/CNIB office. Choose services, designed to meet your needs, that will enable you to be independent, safe, and active.

5 Keep in touch

Visit your eye care professional regularly. Stay in contact with your VLR team who will be there if your sight or your life circumstance changes.

6 Live life to the fullest

Know that with the right support, you can live the life you choose.

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Every Garden looks Better when Cleanly Weeded...



[Our thanks to Duncan for our Front Cover Photo...](#)

by: **Duncan Kelbaugh**
Brunswick Nurseries, Quispamsis, NB

Summertime is a more relaxed season for the gardener (or the homeowner in charge of taking care of the property if you don't consider yourself a gardener!) Any planting should be long done by now, and those plants growing, blooming, or turning into vegetables for the table. Your duty list is reduced now, and the urgency far less (if you have been timely and diligent enough thus far!) All that should be left now is to be on watch for new weeds and keep the lawns and gardens watered if this dry weather persists. Those two items illustrate the value of timely intervention so perfectly. It is like that in gardening, as it is in so many aspects of life (vehicle maintenance, house maintenance, human body maintenance ...!) Let's talk watering first. Plants soon begin to suffer and show it when all the free water in their root zone disappears. Any shrubs or trees that were planted as potted stock this spring should be watered occasionally during dry weather throughout their first season. It takes a while for them to grow a significant amount of roots outside their original small root ball that fit into the pot they were grown in. Most are grown under daily irrigation at the nursery, and are dependent on a fair amount of soil moisture to keep from wilting. So even though it might have sprinkled rain on a given day, and you don't think about watering, that soil ball likely didn't benefit from the small amount of rain at all, and will need your full blast of the hose to stay well hydrated. As a garden center owner with a five year guarantee on trees and shrubs, I know that the main cause of shrub failure during the first summer is lack of consistent watering. The same applies if you dig and divide perennials, or transplant anything in your garden. It does pay to dig carefully and get as large an intact root system as possible. Bottom line...keep the root system moist.



Lawns begin to turn brown quite often this time of year. We haven't had measurable rain in over two weeks as I write this, and I can see the green waning from local lawns. The same rule

applies...keep the soil moist. Watering in the evening or early morning as less is lost to evaporation. You only need the soil to be moist- overwatering is just a waste. A sprinkler in position for 30 minutes should be plenty for most lawns, less time if you are doing it weekly.

Likewise with weeding- an ounce of prevention... Once you have the beds cleanly weeded, don't hang up the hoe for the summer. Stay on watch (from your rocking chair with a cool one, that still counts) and a couple weeks after the main weeding, walk back through quickly scraping any new green seedlings or weed sprouts. On a sunny day they will quickly die and shrivel up, and you can cover the whole garden in a quick easy session, in comparison with struggling with masses of foot-tall weeds if you let it go. No garden looks better than when cleanly weeded, and conversely, worse if clouded with weeds.



I don't mean to mess up your summer with worry or work. It's just that it feels so good when you stay on top of things!

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We are now accepting donations for our live and silent auctions. Please donate a gift card or gift basket! (min.\$50 value) Tim Isaac Antiques may appraise Artworks, and other valuable items. Donations must be delivered by July 15. Please send us a photo or list of what you have to give! foundation@rocmaura.com.

This year, funds will kick start the **Final Phase of our Wardrobe Project** to enhance Resident's rooms on Terrace Court. We have 48 units left to build at a cost of over \$170,000. We also have a **Furniture Replacement Program** underway. Much of Rocmaura's furniture dates back twenty years. We are in need of **Resident room chairs, love seats** for families to visit, **feeding chairs and adjustable dining tables** that can fit wheelchairs underneath. The Foundation is also working on creating "**Memory Lane**." This project will brighten up a long hallway with old photos and memorabilia that Residents will enjoy reminiscing about. Perhaps you have a vintage item you would like to donate to this program?

All EXTRAS to improve our 150 Residents quality of life are funded through activities by the Foundation. You can help make our wishes come true by purchasing a **table of tickets**, making a monetary **donation**, or being an **event sponsor**. Contact Sally Cummings at the Foundation Office today! (506) 643-7090

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JULY COUPON: 30% OFF one plant (any tree, shrub, or perennial). Must be used during July 2018

AUGUST COUPON: 30% OFF one plant (any tree, shrub, or perennial). Must be used during August 2018

SEPTEMBER COUPON: 30% OFF one plant (any tree, shrub, or perennial). Must be used during Sept 2018

Brunswick Nurseries Landscaping Services

Pruning, edging, weeding, mulching, perennial care, beds, lawns, walkways, ponds, patios. Spring clean-ups & brush hauling. No job too big or too small!

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With the up-coming 2018 Canada 55 plus Games, being held in Saint John this August 21 - 24, I urge all seniors to stay active, get involved, and enjoy the games. Good Luck & Have Fun!

Dorothy Shephard
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