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- See Information, Page 19

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- See Information, Page 20

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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

Fall Issue 2018

Choices After 50

Our special feature:
"Salute to Veterans"

Features On:

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

Make Time for Active Living...

CHOICES after 50 is a publication of EMC Publications & Media

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HOSPICE Legacy Foundation

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.

Discover your inner ELF this Holiday Season...

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would be elf is raised, unaware that he is actually a human, until his enormous size and poor toy making abilities cause him to face the truth.

Directed by Jennifer Mabey
Imperial Theatre Nov 21-25, 2018

The CRUCIBLE – A compelling drama about the purge of witchcraft in Salem. By Arthur Miller.

A portrait of a community overcome by hysteria. Rumours that women are practicing witchcraft arouse the most basic fears and suspicions of the townspeople of Salem. Directed by Ron Jenkins Imperial Theatre March 20-23, 2019

Little Shop of HORRORS – A gleefully gruesome musical. Book and lyrics by Howard Ashman. Music by Alan Menken. Based on the film by Roger Corman. Screenplay by Charles Griffith. Originally produced by the WPA Theatre (Kyle Renick, Producing Director.) Originally produced



at the Orpheum Theatre, New York City by the WPA Theatre, David Geffen, Cameron Macintosh and the Shubert Organization. Meek and mild floral assistant Seymour Krelborn stumbles across a new breed of plant. The foul-mouthed, R&B singing carnivore promises Seymour unending fame and fortune as he keeps feeding it Blood!

Directed by Stephen Tobias
Imperial Theatre May 15-19, 2019

Purchase as part of a three show subscription package.

For more information please call Imperial Theatre box office at 1-800-323-SHOW. Single tickets on sale September 5th, 2018.

NOVEMBER 21-25, 2018



THE CRUCIBLE

MARCH 20-23, 2019

MAY 15-19, 2019



Kia Leads all Brands with Eight Vehicles with Either a 2018 TSP or TSP+ Rating



Refreshed 2019 Sorento receives 2018 Top Safety Pick Plus rating¹, elevating the total of Kia vehicles with 2018 TSP+ ratings to four when equipped with front crash prevention and specific headlights

Four other Kia vehicles have 2018 Top Safety Pick ratings when equipped with front crash prevention and specific headlights

The Insurance Institute for Highway Safety (IIHS) has awarded its best rating possible, Top Safety Pick Plus (TSP+), to the refreshed 2019 Kia Sorento, bringing to Kia the highest number of vehicles with either a 2018 Top Safety Pick (TSP) or Top Safety Pick Plus (TSP+) rating among all brands. Kia's best-selling SUV received good ratings in all six IIHS crashworthiness tests and "Good"-rated headlights when equipped with optional autonomous emergency braking and LED headlights.

"This is a significant and fantastic achievement for Kia," said Orth Hendrick, vice president, product planning, KMA. "It's an honor to have earned strong safety ratings across so many of our vehicle lines."

Vehicles with the TSP+ rating include: 2019 Sorento, 2018 Forte sedan, 2018 Optima and 2018 Soul. To qualify for TSP+, the IIHS testing parameters require a vehicle earn "Good" ratings in six crashworthiness tests – driver-side small overlap front, moderate overlap front, side impact, roof strength, and head restraint. Also required is "Good" or "Acceptable" rating in the passenger side small overlap test, an "Advanced" or "Superior" rating for front crash

prevention, and a "Good" rating in headlight testing. Please see the disclaimer for each vehicle and refer to iihs.org for more information.

Vehicles with a TSP rating include 2018 Cadenza, 2018 Sedona, 2018 Sorento and 2018 Sportage. To qualify for a TSP rating, a vehicle must earn "Good" ratings in five crashworthiness tests—driver-side small overlap front, moderate overlap front, side, roof strength and head restraint tests. It also must earn an "Advanced" or "Superior" rating for front crash prevention, and a "Good" or "Acceptable" rating in headlight testing. Ratings are also dependent on specific "built after" date for each model.

Completely redesigned for the 2018 model year, the Rio outshined the competition in the small car segment, being one of the only contenders to score the highest marks in overall performance and design, comfort, features, and style. The highest performing vehicle in Kia's history, Stinger bested its more expensive European counterparts in the compact premium car segment.

The J.D. Power APEAL study measures new-vehicle owners' overall satisfaction with their vehicles in the first 90 days of ownership. The results are divided into 10 categories and

weighted accordingly: exterior, interior, storage, audio, seats, heating and ventilation, driving dynamics, powertrain, visibility, and fuel economy.



2019 Kia Sorento earns 2018 Top Safety Pick Plus Rating from Insurance Institute for Highway Safety.



Redesigned 2018 Rio outshined the competition in the small car segment.



Sorento SX shown

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Rhoda's Christmas Crafts at Harbour Station

November 16th, 17th & 18th at Harbour Station

**Arriving At
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November 16th, 17th, 18th
Friday, Saturday & Sunday

FESTIVAL HOURS:
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RHODA'S CHRISTMAS Festival
of Crafts, Antiques, Art & Food
Follow us on facebook or www.rhodasmarket.com

For Info: 658-1232

Rhoda's Christmas Festival of Crafts, Antiques, Art & Food is held again this year at Harbour Station, Saint John. Known as one of "The" finest Christmas Celebrations with many planning their Holiday Craft buying for Friday Nov. 16th noon to 9pm and on Saturday Nov. 17th, 10am to 6pm and on Sunday Nov. 18th from 11am to 5pm

Again this year *one low admission price will get you into the celebration for all 3 days*, you can come and go as often as you please for *one low price for all three days*.

There will be well over 250 Exhibitors at the Harbour Station this year. Offering something for everyone on your Christmas list, and you will probably buy for yourself as well. Potters, photographers, spinners, quilter's, woodworkers and jewellery makers will be showing their wonderful offerings. And don't forget those holiday sweets and the special baked goodies that make the Christmas a special time.

Plan to shop, then take a break at one of the many tempting food booths. Have a tea, enjoy a hot chocolate or coffee while you catch up with friends. Enjoy the sights and the sounds of the season and don't miss seeing Santa and his elves who promised to stop by during this year's festive shopping craft days.

With Christmas spirit in the air, and the Christmas tree setting the stage, 3 days of gifts, sights, sounds, smells and smiles. Plan to be at Rhoda's Festival of Crafts, Antiques and Food on November 16, 17, 18th at Harbour Station. Start a new Family tradition or continue with an old one. Cost for admission for all three day

Adult \$7.00, Senior and Students \$5.00
Children under 12 FREE.



100 Years of “Amputees Helping Amputees”

Second World War Veteran Reflects on War Amps

Charlie Jefferson was serving in the Second World War when he was injured by an anti-personnel mine explosion, resulting in the loss of his left leg below the knee. When he returned to Canada, he was greeted by a war amputee veteran who reassured him that living with an amputation would not be a barrier to a successful life and that The War Amps would be there to support him.

The War Amps was started in 1918 by amputee veterans returning from the First World War to help each other in adapting to their new reality as amputees. They then welcomed amputee veterans following the Second World War, like Jefferson, sharing all that they had learned, as well as starting the Key Tag Service to allow these new members to gain meaningful employment and provide a service to the public.

Jefferson says that he gained practical advice from fellow amputee veterans, like how to protect the skin on his stump from blisters. He adds that the moral support he received was just as important because it made him feel like he was not alone. “It became easier to accept your amputation and helped make the most of what you’ve got left,” says Jefferson.

Over the years, he “paid it forward” by visiting new amputees in hospitals and at their homes to provide the same guidance that he had been given. “I would tell them what success I had and what was working for me, so there was a comradery and information transfer,” he says.

This peer support was then passed on to a new generation. In 1975, war amputee veterans recognized that their knowledge and experience could help others so they started The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs and regional seminars to young amputees.

Rob Larman, Director of The War Amps PLAYSAFE/DRIVESAFE Program, lost his right leg in a train accident at the age of 14 and grew up with the CHAMP Program. “It’s amazing to think of the incredible legacy these First and Second World War ‘amps’, like Mr. Jefferson, have created for all amputees in this country,” says Larman. “I’m proud to, in turn, help the younger amputees who have come after me.”



Charlie Jefferson passes down the advice he learned from fellow amputee veterans to members of The War Amps Child Amputee (CHAMP) Program.

When war amputee veterans started The War Amps, they could not have predicted that their founding principle of “amputees helping amputees” would be going strong 100 years later. Thanks to the public’s continuing support of the Key Tag Service, The War Amps vital programs for amputees across Canada will carry on long into its second century.

Donors may also choose to leave a gift or charitable bequest in their wills.

For more information, or to order key tags, call toll-free 1 800 250-3030 or visit waramps.ca.

100 years
The War Amps
1918-2018

Leave a Lasting Gift for Child Amputees



A charitable estate donation in your will honours the legacy of war amputees and changes the lives of child amputees for the better.

“My uncle was a very special man with a generous heart and he couldn’t think of a worthier cause than helping child amputees. He knew you would use this money well to bring smiles to children’s faces and make their challenges easier.” – Family member

Please contact us for more information.

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Remembering our Veterans



War movies have a way of making things look exciting. Made so that a soldier, without too much effort, wins the day by saving injured men or a town from destruction, often both. If only past World Wars were like the movies, but we know that true war is brutal, and many of the stories buried with the heroes that were there day after day, fighting in horrific conditions are best left untold. Families back home could imagine the conditions, the sacrifices, the courage needed to fight on, but letters home assured the family that “things were OK”, a faint

effort so they would not worry. Seldom were the true stories sent home, they were kept with the soldier’s who lived them. These soldiers are now our Veterans and their stories need telling, and telling often, so that we can know war for what it truly is, and what it can do to a country. Our special tribute: “A Salute To Veterans” is our way of saying “Thank You” to these brave men and women. Your many sacrifices are not hidden to us.

Canada Enters The War: Britain was at war in 1914. Prime Minister Robert Borden offered Canadian assistance to Great Britain. The offer was accepted and from Halifax to Vancouver, thousands hastened to recruiting offices and within two months, the first contingent, Canadian Expeditionary Force was on its way to England. Canada ended the war with a superb fighting force. For a nation of eight million, Canada’s war effort was remarkable.

Our special feature “A Salute to Veterans 2018” is our way of saying: “Thank You... We Will Remember Your Sacrifices.”

Looking back – Remembering: Canada & The Second World War: The Second World War lasted six years. It was truly a war encircling the globe from the Atlantic to the Pacific and touching the far reaches of the Arctic. More than one million Canadians and Newfoundlanders served in WWII. Of these more than 45,000 gave their lives and another 55,000 were wounded. Countless others shared the suffering and hardships of war. Canada as a nation matured through WWII and was ready for responsibilities as a member of the world community.

Canadians in Korea: World leaders met in 1943, promising Korea would become free and independent. The Soviet Union occupy North Korea, while the US held control of South Korea. On June 25, 1950, the forces of North Korea crossed the 38th parallel and Canadians went back to war. The Canadian Forces had been reduced to peacetime levels, but the call was answered by many men and women willing to give their lives for freedom.

“WAR IS OVER” – Soldiers Coming home: Home to an anxious nation waiting to say “Thank You.” Young men and women who gave us so much, and who asked us for nothing in return, except that we would remember what they fought for, remember the ones’ fallen in battle, remember, so that war could never happen again.

Many years have passed since the guns fell silent on the morning of November 11, 1918, And the battlefields images slowly fade from memory as the years pass.



Fall Activities: “Tips for Pain-Free Leaf Raking...”

Fall is here, and along with it, the kaleidoscope of colour as leaves begin to fall. Raking leaves is a strenuous task that can take its toll on the unprepared. Raking leaves can be one of the more pleasurable chores of the season if you know how to use a rake without straining your back. It's important to use good body mechanics. If you get tired or achy while raking, stop and rest. To ensure a pain-free and enjoyable season, the Canadian Physiotherapy Association recommends using the following tips when the annual raking of leaves begins:

Warm Up

Warm up with a light activity and some simple stretches to loosen your muscles and help circulation. Hold all stretches for approximately 20 seconds and repeat 2-3 times each side. Never stretch into a painful position. Here are some stretches you may include: Stretch the muscles on the back of your thigh (hamstring) by propping your heel on a step and slowly leaning forward, feeling the stretch; Next, stretch the muscles in the front of your thighs (quadriceps) by standing, balancing yourself against a wall, chair back or even a tree, and then bending your knee with your hand holding your ankle to pull your heel towards your buttocks; For your upper body, hold your hands together over your head, fingers entwined and palms facing outward and lean to each side. Then wrap your arms around yourself in a hug, and rotate your body from side to side as far as you can.

Raking Leaves

Use a rake with a bent or side handle, or build up the handle with plastic tubing. This will help keep your wrist in a neutral position and decrease the need for a tight grip during use;

Place one hand at the top of the handle and the other hand down the handle far enough so that your elbow bends just slightly. Stand up as straight as possible and only use your arms and legs to rake; Step to the side as you rake. In addition, don't reach so far away with the rake that it forces you to bend and twist your back;

Start raking with one foot forward and the other back, then switch foot positions every few minutes so you're using your muscles differently; Reverse hand positions regularly while raking. Take small rest breaks and briefly bend backward placing your hands on the small of your back.



Bagging Leaves

When bagging leaves, remember to use good body mechanics. Kneeling down onto one knee can be helpful in reducing stress on the lower back. You can also use a foam knee pad.

The best way to lift a heavy bag of leaves is to do a pelvic tilt, pulling the tummy in and tightening the buttocks with your knees slightly bent. Then squat, keeping the back straight, and letting your legs, not your back do the work when you lift. Keep the bag very close to your body when lifting or carrying to reduce the load through your spine.

Concentrate on the position of your body, not the object that you're lifting. Keep your back straight as you lift the bag;

Keep the leaf piles small so you don't strain your back picking them up, and don't overstuff the bags, especially wet ones, so that they're too heavy to carry comfortably.

Final thoughts

Spread the work out and if the job is too challenging, enlist help from family or even neighbourhood teenagers; If you do experience pain that lasts more than a few days, consult a physiotherapist. They have the education, training and skill to assess your injury and prescribe a treatment plan to help get you back in shape and help prevent a recurrence of injury; and When the raking is done and the leaves are gone, don't forget these tips. They will be needed again for shovelling snow this winter.

For more raking and gardening tips, visit the Canadian Physiotherapy Assoc. web site at www.physiotherapy.ca.

I always try to put off until tomorrow all the stuff I put off yesterday for today...

It's not hard to meet expenses, there everywhere...

Blessed are they that have nothing to say, and cannot be persuaded to say it...

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 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



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.

Briggs & Little - Made in Canada, with Pride...

Briggs & Little Woolen Mills Ltd. has been the name of the woolen mill located in York Mills, NB, Canada, since 1916. Previous to that it was called Little's Woolen Mills, and previous to that York Woolen Mills. The mill was first started in 1857 and in the 1890's it was bought by Roy Little, who ran it until 1916. The business was then bought by Mathew Briggs and Howard Little, giving us the name it has held to this day.

Upon the sudden passing of Mr. Briggs, his son Russell continued on with Howard Little until 1948, when Russell sold his share to Ward Little.

Ward Little and Howard Little ran the mill until 1954, at this time Howard sold his shares to his son, Roy. These gentlemen ran the mill as partners until 1978 when Ward sold his shares to his grandson, John Thompson and Roy sold half of his shares to his son John Little. In 1988, John Thompson and John Little became partners. In 2016, John Thompson retired and Michael Little purchased 50% of Briggs & Little's shares.

John Little and Michael Little, father and son, are currently the sole owners of Briggs and Little Woolen Mills Ltd. John working in the office and Michael running the mill. To date, the woolen mill has been operating for 161 years. In 2016, Briggs & Little celebrated 100 years of the "Little" bloodline. Currently there are three generations employed, as Michael's youngest son Carl (CJ) also works in the mill.

Briggs & Little carries an inventory of 100% Canadian made pure wool yarns in 8 weights with colour ranges up to 47 shades in each one. Our yarns are suitable for hand-knitting, machine-knitting, crocheting, and weaving. Sizes vary from 24sts to 10cm (4 in.) and 1720 Yds/lb, to 11sts to 10cm (4 in.) and 340 Yds/lb. We also have a Classic Aran weight available in white only, and an 80%/20% wool nylon blend

yarn available in 15 shades. Our wool spun and roving unspun knitting yarns are suitable for knitting, crocheting, and weaving.

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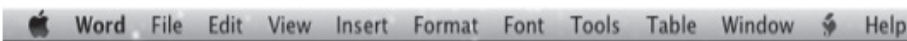
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Mac Tips: The Menu Bar!



The Menu Bar is a horizontal "bar" anchored to the top of the screen. The left side contains the Apple menu, the Application menu (its name will match the name of the current application) and the currently focused application's menus (e.g. File, Edit, View, Window, Help). On the right side, it contains menu extras (for example the system clock, volume control, and the Fast user switching menu (if enabled) and the Spotlight icon. All of these menu extras (excluding Spotlight) can be moved horizontally by command-clicking and dragging left or right. If an icon is dragged and dropped vertically it will disappear with a puff of smoke, much like the icons in the dock.

The menu can be dragged downwards, which would cause it to be represented on screen as a floating Palette.

There is only one menu bar, so the application menus displayed are those of the application that is currently focused. Therefore, for example, if the System Preferences application is focused, its menus are in the menu bar, and if the user clicks on the Desktop which is a part of the Finder application, the menu bar will then display the Finder menus.

Early Apple experiments in GUI design initially used multiple menu bars anchored to the tops of windows, but this was quickly dropped in favor of the current arrangement, as it proved slower to use (in accordance with Fitts's law). Fitts's law is a model of human movement primarily used in human computer interaction and ergonomics that predicts that the time required to rapidly move to a target area is a function of the distance to the target and the size of the target. Fitts's law is used to model the act of pointing, either by physically touching an object with a hand or finger, or virtually, by pointing to an object on a computer monitor using a pointing device. It was proposed by Paul Fitts in 1954. Targets that are smaller and/or further away require more time to acquire.

The idea of separate menus in each window or document was later implemented in Microsoft Windows and is the default representation in most Linux desktop environments. Even before the advent of the Macintosh, the universal graphical menu bar appeared in the Apple Lisa in 1983. It has been a feature of all versions of the Macintosh system since the first Macintosh was released in 1984. It is still used in MacOS.

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Exercise and Healthy Brains...



Senior Watch:

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

Is there really any correlation between brain health and regular exercise?

The pundits would have us believe there just might be!

We don't need a research study to alert us to the facts that our memory seems to be slipping, or someone seems to be moving our glasses, our hearing aid or our car keys. Reality kicks in when we realize we live alone and the article in question is probably right where we left it, and the search is on.

Does this scenario seem to be happening more frequently as the years roll by? The interesting conclusion reached by the research is that when we are in our 40's & 50's small changes begin occurring in our brains that, if not addressed, will lead to changes in our ability to process information (attention), our executive function and our cognition; e.g. "losing our keys, forgetting names. These changes are happen when

we are experiencing lifestyle changes especially in the area of "activity", So, what can we do about it? We hear a lot about the need to be "life-long learners", That could certainly be helpful in maintaining mental acuity. Perhaps we could take this one step further and determine to establish routines that support "life-long activities". What do we need to motivate us to establish activities early in life that can be comfortably carried on in to our later years?

A long-term commitment is needed to do what we can to keep our brains healthy. We can not turn back the clock, but we perhaps we can determine to do a 2hr. walk 3 times a week. Low impact stretching, gardening, golf, ballroom dancing, taking the stairs instead of the elevator - all count as "exercise", We must choose something we enjoy and is adaptable to any physical limitation we may have.

And guess what, activity (exercise) is effective, has few side effects, and is really the very best intervention we have. Our brains will thank us, and just may be we may not have to spend so much time looking for our keys!

Health News from the Net

Findings from September's Prostate Cancer Awareness Week

Men, hot flashes and the downsides of hormonal therapy. An increasing number of men with prostate cancer are being treated with androgen deprivation (i.e. hormonal) therapy (ADT) but, for older men in particular, there can be unpleasant side effects: hot flashes, worsening sexual function, decline in bone density, decreased energy. Dr. Shabbir Alibhai at the University of Toronto is leading a study to examine the impact of ADT on a man's physical and cognitive abilities.



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Scams Artists Target Seniors!

A scam that bilked a 92-year-old Toronto woman of \$10,000 made headlines recently.

She was a victim of the “grandparent scam,” one of several mass-marketing scams that in total robbed Canadians over 60 of a reported \$20 million last year. The actual amount is far higher – 95 per cent of scams go unreported because victims are too embarrassed or ashamed. Last year, New Brunswickers reported losing \$1.4 million to frauds and scams.

Older people are often targeted for several reasons. They are often home during the day to answer the door or phone, they can be more trusting and they may not have family or friends close by to ask for a second opinion. Seniors can best protect themselves from falling for a scam by recognizing the tactics scam artists use.

Here are a few of the more common seniors’ scams and how savvy seniors can avoid them:

Grandparents scam: On the telephone, the scam artist pretends to be a family member (often a grandchild). They say they are in trouble


and need money sent, but want it kept secret from their parents. Before sending any money, verify the identity of the person requesting money.

Door-to-door scams: Door-to-door salespeople can use high-pressure tactics to get people to purchase a product or sign up for a service they neither need nor want. In New Brunswick, door-to-door salespeople are licensed through FCNB. Ask to see their licence. Take time to review any contract and understand what you are signing. New Brunswick consumers also have the right to cancel a contract for any reason within a 10-day cooling off period.

Sweepstakes and lottery scams: Scam artists contact someone by telephone or mail saying the person has won a lottery prize. To collect the prize, the person is told to pay a fee. No winnings are ever received. Never pay fees to collect a prize.

Romance scams: Fraudsters use online dating websites to lure lonely people into online relationships. Once they gain their trust, the fraudster begins making financial requests. Exercise caution when looking for a relationship online. Never send money to anyone you meet online.


Visit fcnb.ca for more information on frauds and scams or call toll-free 1-866-933-2222.



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Advice from the Care Experts at Bayshore Home Care Solutions...



By: Tina Learmonth

Bayshore Home care Solutions

Is the time right for home care?

You've likely heard the term "sandwich generation": the children of aging parents who are still raising their own families and working full time jobs. This situation may even describe you.

It's the profile of thousands of Canadian families, and the numbers are increasing as our population continues to age.

With so many seniors living longer, healthier lives today, the right mix of nursing, personal care, home support and companionship services is allowing them to live comfortably in their own homes for a longer period of time.

Talking openly with aging parents about home care options and services is an important first step in arranging for the best quality care that will meet the needs of the entire family. It may not be an

easy subject to broach, however. We suggest that asking yourself and your parents these questions is key to deciding what kind of care is appropriate:

- Do my parents have a large home to maintain?
- Is it necessary to use the stairs frequently?
- Are they eating properly?
- Do they require additional care for a health issue or following a hospital stay?
- Are they isolated or do they see other people?

Home care is designed to deliver the right support to keep your aging loved ones independent, happy and healthy in their own home.

To learn more about the benefits of a personalized home health care plan, please call us at 1-877-289-3997 or visit www.bayshore.ca.

Bayshore Home Care Solutions is a division of Bayshore HealthCare which has been enhancing the quality of life, dignity and independence of Canadians in their homes since 1966. Canadian owned and operated, we offer a wide range of home and community health care services through more than 65 offices across the country.



Do elderly loved ones depend on you for care?

We can help. We make the process of arranging home care simple by taking care of all the details. Spend quality time with your elderly loved ones, and let our experts at Bayshore provide personalized home care services. We go above and beyond to deliver a positive experience to the lives of individuals in our communities.

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Do you know the burial wishes of those closest to you? Do they know yours? As we get older, we often start thinking about how our death will affect those around us, especially our loved ones.

Losing someone close to you is always traumatic, but we can help our loved ones during that difficult time by being prepared and preplanning as much as possible. This relieves them of the stress of last-minute scrambling or trying to guess how you would like your life memorialized.

Preplanning puts you in charge. It guarantees, before you die, that you will have the memorial that you want. Think of it in the same manner as you did when you planned your wedding, your vacations, and your children.

It is a major life event for you and your loved ones. And, if done properly, it can be one of the most meaningful gestures you make for those left behind. What better way to give the gift of love and to give you peace of mind at the same time.

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- 1. Have you pre-planned your funeral?** – Did you make arrangements for your burial?
- 2. Have you reviewed your Family burial lot?** – Is there defined space for each person? – Who has the say and is contact information current?
- 3. Save Family Stress.** – What arrangements can you make now? – Costs plus Choices
- 4. Benefits of Pre Paying Opening/Closing Costs?** – Lock in price now, save 2% HST
- 5. Does the Funeral Home have to be involved?**
- 6. Purchasing Lots.** – Choices - Traditional vs Cremation?
 - How many burials per lot?
 - Columbarium vs Cremation Space?
- 7. Is Financing available?**
- 8. Monuments.** – Do you have your monument?
 - Can I pre-pay my final date?

Article by: **Donna Gray, Executive Director,**
Cedar Hill-Greenwood Cemetery,
1650 Manawagonish Rd Saint John, NB E2M 3Y3
Tel: 506-672-4309
Email: info@cedarhillcemetery.ca

Cedar Hill - Greenwood Cemetery



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Mayor Ann Seamans




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Dorothy Shephard
 MLA for Saint John Lancaster
 640 Manawagonish Rd. 506 643-2900 dorothy.shephard@gnb.ca




Remembrance Day

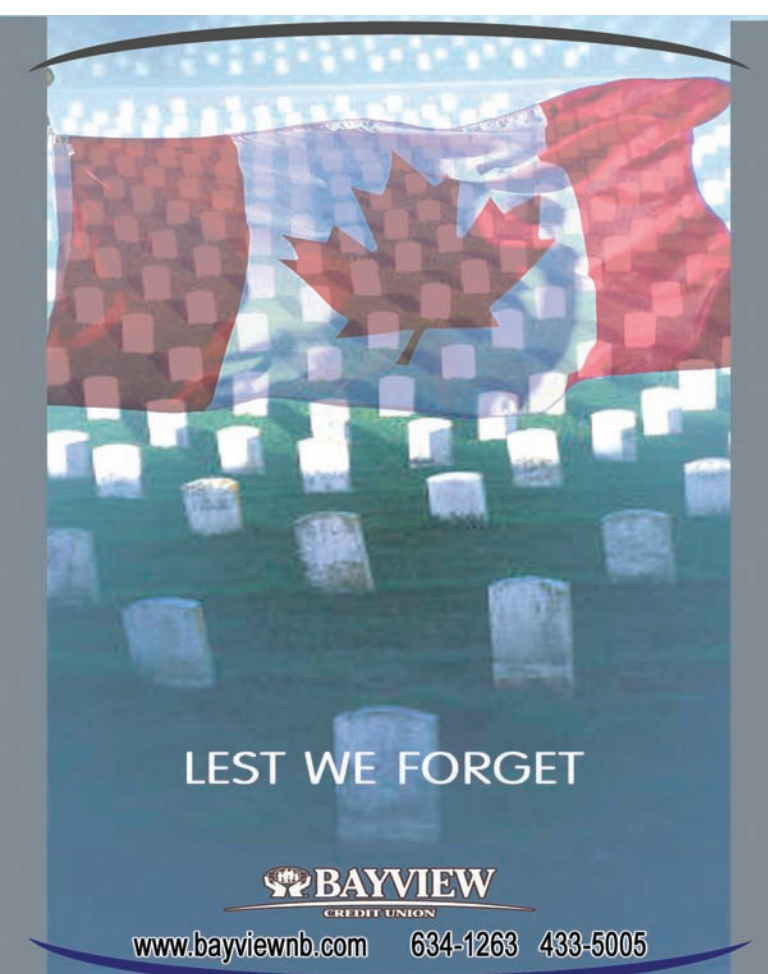
A day to reflect on the brave men & women, including our family members & yours, who served to protect our freedom.

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CONTACT: Amanda Russell
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- Reduce Arthritis Pain;
- Increase Independence;
- Slow Progression of Cognitive Decline
- Provide Post Surgical Support;
- Enhance Abilities Post Stroke or Heart Attack;
- Reduce Osteoarthritis Impact
- Decrease Risk for Falls.

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RESTORATIVE CARE CAN :

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Your Doctor should be able to point you in the right direction, the rest is in your hands or should we say 'Feet'

Many people who come to us want to walk more. They may have difficulty walking because of postural pain, disability, lung capacity or circulatory problems. Often, they will say: "My Doctor says I need to walk for my heart" or "My dog's putting on too much weight and so am I". Since our primary goal is to improve activity level, we always have input. With a bit of history, we can usually figure out how to get you moving more comfortably.

Although the tangible parts (footwear, socks and orthotics) are important sometimes the biggest "stumbling block" is motivation. "My balance is poor and I am afraid of falling". "I can only walk so far and I am exhausted (or in pain – or both)".

In our community there are plenty of fitness resources to help you, whatever your age. These days there are many therapists who specialize in movement and balance and can help guide you to better fitness. These "body workers" are always happy to advise you on exercise and pain relief. The starting point is not "I want to be healthier" but "I am going to be healthier". Here are a few considerations.

Balance – Stable shoes with soles that are proper for the surfaces you walk on; warm up stretching geared to make you more aware of your deficiencies in balance; Nordic walking poles or a cane if necessary.

Pain – Better footwear; graduated exercise and stretching; Physiotherapy or massage therapy; balanced foot orthotics.

Conditioning – This is a self-fulfilling thing. Once you get started, your conditioning will improve and you will feel stronger clearer and if not able to eradicate pain at least come to terms with it.

So, talk to the Doc. Your Doctor should be able to point you in the right direction, the rest is in your hands (or feet). Get out and smell the roses. It'll do you a world of good. **-Terry Trask C. Ped. (C)**

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Looking Back to 1957 and the Edsel...

The new model could be neither a Ford or a Mercury. The name chosen was Edsel, son of the founder of the Ford Motor Company.

In the mid fifties, the American car industry could sell every car they could make. The standard of living was high and whenever possible, owners turned their cheaper cars in for a more expensive model. Someone who drove a GM model might switch from a Chev to an Oldsmobile and a Chrysler enthusiast would migrate from a Plymouth to a Dodge. Such a step was difficult with Ford because the gap between Ford's basic range and Mercury was too large. In 1955, a full 45 per cent of the American car market consisted of these mid-range cars but Ford could not profit from this fast moving change in public buying.

A new model was therefore essential and it could be neither a Ford or a Mercury. The name chosen was Edsel, son of the founder, and also the father of Henry Ford II, who now ran the company.

The inexpensive Edsel Rangers and Pacers were to be slightly more expensive than the dearest Ford while the Edsel Corsair and Citation would be slightly more expensive than the Mercury.

Ford's promotional campaign was tremendous. For two years long, the trade press continually wrote about the subject. Finally the cars were launched on September 4th, 1957 and over three million curious people looked at the long awaited Edsels, Ford wrote in it's press releases. What they did not say was "They looked, but did not buy."

Dealers who had ordered too many Edsels in anticipation of early sales had financial problems. The cars were eventually sold but at a loss and the dealers either went out of business or moved over to a different brand of cars. Masses of people were fired at Ford in Detroit and when a minor slump hit America so that people preferred to buy a cheap Volkswagen, things looked even bleaker for the Edsel.

Accountants advised Ford that they needed to build 650 Edsels per day to break even, yet in the first ten days after the launch, the vast army of Ford dealers failed to sell even 400 units a day. This quickly dropped to fewer than 300, so that by the end of 1959, Ford had sold 100,000 Edsels below it's break-even level. The entire management of the new marque was fired and for the remainder of 1959 even fewer cars were sold to complete the disaster.

Ford decided to pull the plug on Edsel, although a new model was in the wings, and existing parts were available to build thousands of older cars. Ford had lost almost \$300 million in the space of a few years, equivalent to billions in today's money.

The Edsel was certainly not a poorly made car and if it had been launched two years earlier or even two years later, the outcome might have been entirely different. The cheaper Ranger and Pacer were based on the 118" chassis of the Ford Fairlane but a special new chassis was developed for the 124" wheelbase of the Corsair and Citation. The

cheaper and more expensive models were virtually identical in appearance, the difference lay under the hood. The two cheaper cars had a 307 bhp V-8, except for export models which had a 235bhp V-8. The more expensive models were equipped with a 284 or 350 bhp V-8, but also the more expensive models disappeared in 1959, leaving only the Ranger and Corsair.

The Corsair had the most powerful engine and was also available as a station wagon known as the Villager. The Villager and the Ranger could also be bought with a six cylinder engine.

The new 1960 models were introduced on October 15th, 1959 and to everyone's surprise, the Edsels had been given a new look, but also looking very similar to other Ford's of that year, and there were now only two models, the Ranger and Villager. These had six cylinder engines as standard with a V-8 as optional.

But even with the changes to bodies, these two new models remained just as un-sellable as previous Edsels and lost even more money for Ford. The new smaller Falcon saved the day and also ushered in a new direction which Ford saw as the future. With this new smaller model, and the first American automobile with monocoque body, Ford at last had a car

which the public really wanted to the tune of over 400,000 units the first year.

The 60's brought Ford more "hits" like the Mustang which was to outsell the Falcon in it's first year, and started the lucrative "pony" car market. Ford was happy to move forward, to leave behind the fifty's and with it, the Edsel.



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*Nothing is a waste that makes a
memory...*

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

*A solution to traffic problems:
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*Start at the bottom, except when
you're learning to swim...*

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We will always Remember and Honour those who served and fought for us... Thank You

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We proudly salute all veterans



This year on Remembrance Day, we hope all Canadians take time to pause and pay tribute.

MP WAYNE LONG | Saint John-Rothesay

In Honour of those who served and died for us so that we may enjoy the freedom we have today... "Thank You"



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We Salute All Veterans... Thank You

In Memory of Those Who Served



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AS VETERANS, you deserve to be proud of the contribution you made to our country and to the freedom that is shared by all Canadians today. We, Canadians, **Thank You** for your dedication and service to our country.

COMME VÉTÉRANS, vous méritez d'être fiers de votre contribution à la défense de notre pays et à la liberté que nous jouissons présentement. **Nous**, les canadiens et canadiennes, **vous remercions** de votre engagement et service envers notre pays.



Hon. Dominic LeBlanc, M.P.
Député de Beauséjour
328 rue Main Street, Bureau 1
Shediac, NB E4P 2E3
(506) 533-5700 | 1 800 432-0311




Wear a Poppy and REMEMBER!

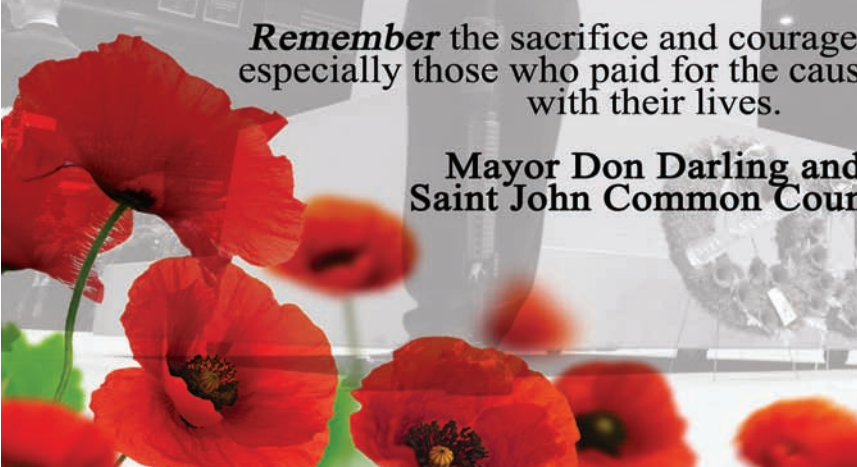

Lest we forget

Remember our veterans, our peacekeepers and our fallen compatriots.


Remember our brothers, daughters, sons, wives, husbands and friends.

Remember the sacrifice and courage of so many, especially those who paid for the cause of freedom with their lives.

Mayor Don Darling and Saint John Common Council


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*We Salute All Veterans...
Thank You*



G

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HOPE FOR
TOMORROW.



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Glenn & Penny Foster
Legacy Donors

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

*New lifesaving medical breakthroughs and advances?
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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.

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- 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



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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

