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– See Article, Page 13

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A Gift for the Future Legacy Foundation The Hospice Legacy Foundation is a registered charity and serves as an investment fund for the purposes of

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. Your donation today will make a difference tomorrow.

Subscribe To Our - 2019 Season Line-up!...

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 Theate (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 after September 5th, 2018.

2019 Kia Forte: It's Bigger and Looks Great!



Kia's new compact sedan continues the brand's good-looks streak.

The Kia Forte compact had its best year ever in 2017, with nearly 118,000 units sold, yet Kia is doing

exactly the opposite of resting on its laurels by introducing an allnew version of the popular Forte. We're seeing the 2019 model first in sedan form, but a reprise of the Forte5 hatchback should get its own updates soon enough.

The Forte's new look is an appealing upgrade, with more chiseled lines and cleaner detailing than before. Kia's tiger-nose grille is prominently displayed up front, while the taillights feature a full-width LED accent light reminiscent of the Sportage crossover's rear styling. The car is 3.2 inches longer overall, 0.5 inch taller, and 0.7 inch wider than its predecessor,

which increases rear legroom and makes for an ever so slightly larger trunk (15.1 versus 14.9 cubic feet).

The only powertrain that Kia is releasing details on right now is a mildly updated 2.0-liter Atkinson-cycle inline-four, which puts out the same 147 horsepower and 132 lb-ft as the previous Forte's base engine. But the optional automatic transmission (a six-speed manual is standard) makes a big change from a six-speed automatic to a continuously variable automatic (CVT)-Kia's first. This move clearly

targets improved fuel economy, and indeed, Kia said the new Forte will deliver 35 mpg combined, a 3-mpg improvement over the current Forte's EPA rating with its six-speed automatic. To those worried about this transmission type's tendency to cause engines to drone, Kia said



its CVT, like many others, uses a shift-logic program to simulate gearchanges.

The new interior has a simplified horizontal dashboard layout featuring a tablet-style 8.0-inch touchscreen in the center. Apple CarPlay and Android Auto are both standard, and a wireless phone-charging pad is optional.





The 2019 Forte's new look is an appealing upgrade with cleaner detail than before.

Available activesafety features include adaptive cruise control, blind-spot monitoring, lane-keeping assist, and forward-collision warning.

Kia will release details about the 2019 Forte's pricing and equipment closer to its launch later this year. Information about the Forte5 hatchback and a possible turbocharged upgrade engine, which may abandon the current SX moniker, should be coming as well.





Happy Holídays Joyeux Fêtes

Christmas is a magical time. It brings back happy memories of family gatherings and charming traditions that have been passed down through generations. The holiday provides a chance for us to recharge and reconnect in the spirit of faith, friendship, family and fortune. It can also be a challenging time for those who struggle with loss, illness or hardship. Let us show them support, compassion and charity.

As I reflect on this past year, I would like to thank all those who offer their support, time, advice and service to ensure the wellbeing of our City and its residents. Together, we will build on our foundation and vision of growth, prosperity and promise.

On behalf of Saint John Common Council and City Staff, it is a pleasure for us to serve and represent you. May we all look to 2019 with hope and promise for our families and our community.

Mayor Don Darling, maire

Noël est un moment magique. Cette fête nous rappelle de beaux souvenirs de réunions de famille et de charmantes traditions qui nous ont été transmises à travers les générations. La période des fêtes nous donne l'occasion de refaire le plein d'énergie et de nous rencontrer dans l'esprit de foi, d'amitié, de famille et de bonheur. C'est aussi une période qui peut s'avierer difficile pour ceux qui sont confrontés à la perte d'un être cher, à la maladie ou à la souffrance. Faisons preuve d'appui, de compassion et de charité.

Alors que je fais un retour sur l'année qui se termine, je tiens à remercier tous ceux qui offrent leur appui, leur temps, leurs conseils et leurs services afin d'assurer le bien-être de notre ville et de ses résidents. Ensemble, nous bâtirons sur notre fondation et notre vision de croissance, de prospérité et de perspective d'avenir.

Au nom du conseil communal et du personnel de la Ville, c'est un plaisir de vous servir et de vous représenter. Nous pouvons tous nous tourner vers 2019 avec espoir et promesses pour nos familles et notre communauté.



Wishing you Happy Holidays and Warm Wishes for 2019! En vous souhaitant de Joyeuses Fêtes et mes vœux les plus chaleureux pour 2019!

The Hon/Lihon. GINETITE PETITIPAS TAYLOR, DG, MP/OP, CEPUCO MONCTON-RIVERVIEW-DIEPPE

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Merry Christmas and Happy New Year.

Joyeux Noël et Bonne Année.



NB Council of Hospital Unions, CUPE Local 1252 Conseil des Syndicats hospitaliers du N.-B. SCFP Section locale 1252



Merry Christmas! May this Holiday Season be filled with Joy and the New Year bring you Good Health and Happiness.

Our wish is for you to

have a Happy and Healthy

and Safe New Year ...

Dorothy Shephard MLA for Saint John Lancaster

640 Manawagonish Rd. 506 643-2900 dorothy.shephard@gnb.ca

Hospice and Palliative Care – What's the Difference...

At Bobby's Hospice, our motto is "It's your journey, YOUR way."

A palliative care unit and a residential hospice offer the same quality of care delivered by a team of trained and experienced palliative care

specialists. However, a residential hospice offers a non-institutional, home-like environment with lots of space for family use. At Bobby's Hospice, we welcome family to be here 24-hours a day and provide them with a full kitchen, living rooms, bedrooms and bathroom facilities.

The focus of Hospice care is on comfort, not cure – and on life, not death. At Bobby's Hospice, our motto is "It's your journey, YOUR way." Our goal is to make each person's last weeks and months of life



as comfortable as possible while also providing support to family members and friends. Hospice

is about dignity, respect, comfort, peace and hope. It is al

peace and hope. It is about celebrating life and enhancing

the quality of living. At Bobby's Hospice, we help to make a patient's last wishes come true, like spending a weekend at the camp, or taking a special trip with loved ones, etc.

40% of the funds needed to provide care at Bobby's Hospice are provided by the NB Government. The additional 60% must be raised through fundraising. This means, Bobby's Hospice must raise over \$1M every year to cover the cost of food, medical & general supplies, heat,

lights, phone, cable, snow clearing, garbage pick up, equipment and furniture, etc.

It's caring people like you who support Hospice that make this high level of compassionate care possible to people when they need it most! A donation to our Legacy Foundation is a gift from the heart that will help us care for others when they need it the most.

Call (506) 632-

5593 for more information or visit our website at www.hospicesj.ca if someone you know needs in-patient palliative care to give a gift.



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. Your donation today will make a difference tomorrow.



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What If...



Senior Watch:

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

Most New Year's resolutions seem to focus on bad habits....and ways to break them. Around the second week of January we come up with all the excuses for not keeping those resolutons we made just a week earlier. We are a strange lot!

Maybe we (the older generation) can do something about this. Instead of setting ourselves up for failure, we can do something that will make a difference for someone else.

Perhaps the wisdom gained through lives lived, tempers us and helps us to be a bit more realistic in our expectations for ourselves.

We become a lot more comfortable in our skin and accept our shortcomings while recognizing our potential to change. This does not mean that we don't reflect on the past. It does mean that we become more gentle with ourselves and hopefully with each other.

Instead of spending a whole lot to time worrying about the foods we eat and the calories burned each day, we could choose to focus on being reasonable and being accountable for choices we make. This frees us to reach out, to spend time listcning to each other's stories, and to support each other in creative ways.

We are not a passive lot sitting around waiting for the next shoe to drop. We believe strongly that we still have a contribution to make to our country and to our individual communities. We have adjusted to changes throughout our lives, and continue to do so. Many of us designed and supported those changes and we continue to work hard to make a difference in our communities. Don't write us off. My challenge to each reader over 60 (and anyone else willing to make such a commitment) is that you make a quiet resolution in your heart to make a difference in the life of one other person this year. This may be an elderly neighbour, who requires some assistance with groceries.

It could a young person who struggles with the written word and you commit I hour a week to give that person the gift of literacy. We have skills that are slowly being forgottenan hour a week could make a difference. There are attitudes that need to be "caught"... time invested could change a life. Many new people are coming to ourcommunity...they bring theirrich cultures and newskills...they need friendship and support.

What if each one of the approximately 90,000 people over 65 in New Brunswick decided to make a difference in one other person's life.....what if even 50% made such a commitment.our community would be enriched and our lives would be meaningful! What if.....?



Power of Attorney – Important for Aging Boomers and their Parents...

A recent study by the Alzheimer Society shows the likelihood of developing dementia doubles every five years once you reach age 60. This also increases the likelihood that someone may need to act on your behalf when making financial decisions.

While many people can easily identify family or friends that they would trust with their personal wellbeing establishing a POA requires a much more involved evaluation of the relationship and what this role will entail.

Investors Group tax and financial planning is available to discuss the obligations and responsibilities involved in this role and what Canadians need to consider when selecting or assigning a POA.

Dementia and disorders like Alzheimer's involve loss of memory and cognitive abilities limiting one's ability to make decisions for themself that can impact their financial wellbeing.

A power of attorney, a legal document authorizing someone to act on another's behalf, is an important part of a comprehensive, personal financial plan.

While most people recognize that granting someone power of attorney over your affairs carries responsibility for decisions regarding medical care and living arrangements, many do not realize it also includes responsibility for managing all assets (including investments) as well as decisions that can impact retirement planning and saving.

"A power of attorney is a critical document that completes any financial plan," says Investors Group tax and financial planning expert Christine Van Cauwenberghe. "Without one, if you become incapacitated even for a short time, your assets may be managed by someone you haven't chosen, or in a manner you don't approve of."

While many people can easily identify family or friends that they would trust with their wellbeing, establishing a POA requires a much more involved evaluation of the relationship and what this role will entail. Christine recommends that Canadians investigate what is entailed and select someone that will best manage what's involved.

"It's also imperative that the party selected fully understands their roles and obligations to best serve your interests," says Ms. Van Cauwenberghe. She offers the following tips when formalizing your power of attorney:

• Consider the scope of the powers granted

• Determine at what point the power comes into effect

• Make parameters that require the person assuming the POA to seek expert advise when it comes to financial decisions

• Make this decision sooner rather than later, since you will not be able to once you lose mental capacity

• Talk to your parents if this isn't factored into their financial plan.

Retired... with time on your hands?

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ParklandRetirementLiving.com

Using Orthoses During Winter Activities...

Most of us are aware of the benefits of proper footwear and foot alignment during the summer months, when we are participating in outdoor activities like running and hiking. However, during the winter months, our footwear and feet do not always receive the same attention and proper care they deserve.

There are many winter activities that proper foot mechanics and alignment are just as important; cross country skiing, snow shoeing, and skating to just name a few.

Winter footwear required for these activities certainly present some challenges to wearing the proper orthoses to improve performance and increase comfort. The best results are usually achieved by providing the clinician with the specific type of footwear that you require the orthoses to be worn in during these activities at the time of the initial assessment.

Foot orthoses can be specifically designed to fit the footwear required to perform that winter activity with proper alignment and maximum comfort, making these Atlantic Canadian winters more enjoyable and helping us to continue receiving exercise benefits throughout these cold months.

"Purposeful Retirement"

Retirement is a new season, a new opportunity, to live purposefully. It's not an end. You may have said goodbye to a job, but you still have an exciting, meaningful life ahead of you. Now is the time to choose exactly what YOU want to do because now you actually have the time. Let's take that bucket list and get started!

The author of the bestselling Purposeful Retirement, Smith's new book lays out a guide to making sure we all take full advantage of the decades we get to enjoy after full-time work. Smith sheds light on what he calls the "gifts of retirement," the opportunity to reclaim your time and spend it exactly the way you want to. This practical handbook covers: Retirement financial planning, Health management and exercise adviceThe importance of clubs, volunteering and social groups

in maintaining friendships, relationships, and a social life once you stop going to work every day. And much more!

Smith's one-of-a-kind expertise and wise counsel in The Purposeful Retirement Workbook will take you from apprehension to living life and loving it!"This book is packed with wise advice for anyone staring down the barrel of retirement.



Submitted by: Tim Carr, BSc HKin C Ped (C)

I agree wholeheartedly with Hyrum Smith: you may be retired, but you can still live with meaning, purpose and energy."



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Walking 30 Minutes Every Day has Health Benefits...

Walking is the simplest form of exercise imaginable. With its natural pleasures and range of benefits, walking occupies a special place in the world of healthy living. Thirty minutes of walking each day can help maintain flexibility, increase mobility and build strength and endurance. Almost anyone can participate at any skill level from seniors to kids. Its easy, convenient and inexpensive all one needs is a good pair of shoes.

Canadians of any age and weight can

ing the first week, walk 10-15 minutes at a slow pace. After week one, maintain the same distance but pick up the pace. Over the next several weeks, build up gradually to a 20- to-30-minute walk, three to four times per week, at a pace that is brisk but comfortable.

The CPA suggests the following five S.M.A.R.T. Walking tips: Stretch, Move, Add it up, Reduce strain, Talk to a physiotherapist.

STRETCH Keep muscles flexible, joints mobile, and relieve tension and strain

• Think arm swing, driving arms backwards, not just forwards;

• Pay attention to actively pushing off, rolling from the heel right through and off the end of the toe; and feet straight ahead.

ADD IT UP, AN HOUR IS POWER Adding up the time spent doing particular activities, along with pacing and rotating them frequently, eases tension to strained muscles. Start slow and build up your walking routine. With proper clothing, you can walk, hike and snowshoe 12 months of the year. Drink plenty of water to ensure proper hydration.

REDUCE STRAIN Walking shoes, backpacks, etc., are meant to ease the load. Take measures to fit the gear to you, not you to the gear. Shop around for the right shoe. Your physiotherapist can make suggestions for in a walking shoe that best suits your walking program;

Replace old shoes. The average life of a walking shoe is approximately 400 to 600 miles (620 to 800 km);

Monitor your posture and body mechanics. Make sure your head, shoulders and hips are lined up over your feet;

Consider getting orthotics. Custommade orthotics can correct or reduce improper motions which lead to chronic injuries.

Keep your stride comfortable. Rotate your walking routes from incline to flat, sidewalk to grass, to keep it interesting and avoiding over-use injuries;

Drink lots of fluids and be careful of overheating or dehydrating during activity;

Listen to your body and watch for recurring or persisting pain if concerned, seek early professional attention from a physiotherapist.

TALK TO A PHYSIOTHERAPIST

Physiotherapists are the mobility experts for both the fit person who requires specific fitness and injury prevention advice, and for the elderly, injured or disabled person who has specific needs and considerations. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase mobility, relieve pain, build strength and improve balance and cardiovascular function. A physiotherapist will assess your injury and provide appropriate treatment that will promote an earlier return to your walking program as well as advice on how to prevent recurrence of injury.

Visit the Walking Tips page found on the Canadian Physiotherapy web site www.



use walking as a great way to keep active and healthy, remarks Yvonne Chan, a physiotherapist and area manager for LifeMark Health in eastern Ontario. The simple act of walking can play an important role in keeping you feeling good.

Walking helps with mobility in your joints, stimulates muscles, pumps blood through your heart and lungs, and it can help you to lose body fat by burning off calories. It can be a walk around the neighborhood or as simple as finding a parking spot further away from the door. Start small and grow into it. Its easy to make walking a part of your everyday life.

Canadian physiotherapists suggest, before starting any walking or recreational program, to ease into the activity to avoid undue stress to the muscles and joints. Durby doing a few gentle stretches before and after your walk. Important areas to stretch are the neck, shoulders, arms, low back and spine, calves and ankles. Stretch until you feel tension but not pain.

MOVE TODAY FOR TOMORROW

The body was designed with balance in mind. With good posture you will be able to breathe easier and avoid back pain. Use the following tips to keep your body in line and add more power to your step.

• Focus on keeping your shoulders square and relaxed;

• Focus on achieving an efficient stride; not too long or too short;

• Find and maintain a consistent, comfortable pace;

• Maintain a tall erect posture, keeping your breathing relaxed;

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Be sure you can <u>See</u> the beauty in this Holiday Season!

As your golden years approach, it is especially important to make regular eye examinations part of your plan for maintaining good health and vision.

Your optometrist understands the changes in your eyesight, the importance of early detection in eye disease and the implication of medications you may be taking. Annual eye health assessments are important to identify your individual needs, assist you in understanding your conditions, and allow your eye doctor to make specific recommendations for you.

> The New Brunswick Association of Optometrists wishes you A Happy Holiday Season, and a New Year of Health, Happiness and Prosperity

Soyez certain que vous pouvez <u>voir</u> la beauté dans ce temps des fêtes!

 À l'approche de l'âge d'or, il est important de voir votre optométriste régulièrement pour un examen complet de votre santé oculo-visuelle.
 C'est ainsi que vous pouvez protéger vos yeux et les garder en santé.

Votre optométriste comprend vos changements de santé oculo-visuelle, l'importance de détecter les maladies, et l'implication des médicaments que vous prenez. Un examen annuel est essentiel pour identifier vos besoins personnels, pour vous aidez à mieux comprendre votre condition et permettre à votre optométriste de faire des recommandations spécifiques sur la santé de vos yeux.

L'Association des Optométristes du Nouveau-Brunswick vous souhaite un joyeux temps des fêtes, et une nouvelle année de santé, de bonheur et de prospérité.

Optometrists

Association des Optométristes du Nouveau-Brunswick

Winter in the Country

The sound of distant sleigh bells heard, Sparkling snow upon the ground, Oh, it's Wintertime! That very word Has a pleasant, cozy sound. Youngsters on toboggans, Woolen caps upon their heads, Laughter ringing, through the air, true friendship found.

- unknown

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

A magnificent effort for a magnificent cause, has it's own reward.

Be magnificent...

Mac Tips: Similarities & Differences between Mac OS Title Bar Buttons and Windows Control Buttons...



As I observe casual users working with a Mac I often see them doing something that is very Windows-like: trying to close an application by clicking the close button in the top of the window title. Some say they dislike the Maximize window button because it doesn't maximize the window like it did in Windows.

On a Mac the series of buttons in the top left corner of a window are called the Title Bar Buttons. Much like the window controls found in virtually every version of Windows, these allow the user to perform actions on the window they are attached to. In Mac OS they appear as a series of traffic lights in the top left of the window, in Windows on the top right of the window.

This is probably the one area that most people struggle with, and the underlying design philosophy is both subtle and complex, mostly because the buttons feel like they should work the same way in Mac OS and Windows but have some different behaviors. They are named nearly the same too: Mac OS: Close, Minimize, Zoom Windows: Close, Minimize, Maximize



First off, the easy one. The Minimize buttonyellow, center orb on Mac-works just like it does in Windows. It minimizes the window. No problem. Want it back? It's down in the Dock. Click it to restore it.



The Close button-red, left orb on Mac-is a window close button. It closes the current window, and sometimes the application. Applications that quit when the main window is closed include Calculator, System Preferences, and Network Utility. Nearly every other application keeps running after

you close the main window.

If you are wondering why sometimes the Close button has a dot inside of it instead of an X. That's because the document has changes

that haven't been saved yet. Save the document and the dot becomes an X again. Want the application to just quit? Go to the menu bar while the application has focus and select (Application Name) > Quit, or hit Command-Q.

Using the keyboard shortcut for quitting applications has become my preferred method.



Finally there is the Zoom Button-green, right orb on Mac. Windows users expect to click the Zoom button and have the window go full screen, much like it does on Windows. It does not. First, let's cover what it does do:

A Mac application determines the minimum and maximum size a window should be based on the resolution of the display and the user interface inside the application. That means that every time you click Zoom the results can have quite a few variables that determine what will happen. Sometimes the application will simply grow in height to the maximum size of the display area (without overlapping the Dock).

Sometimes, if there were horizontal scroll bars, the width will change to eliminate them. The Zoom button is a toggle switch. Clicking it a second time will revert the window to its previous state.

Occasionally you will get an application that just maximizes right to the edges of the display (Firefox is a good example of that).

The bottom line is, there is no consistency between applications on what Zoom will actually do other than likely expose a little (or a lot) more content for you.

I've found that I rarely ever hit the Zoom button. Since the impact it will have is not predictable, I just grab the window handle and resize it to what I need.

- Dale Forbes - Mac Repair And Consulting 506.636.0385. Apple Certified Mac Technician (ACMT).

Visit me at www.MacRepairAndConsulting.com or like me on Facebook at www.facebook.com/ MacRepairAndConsulting





Dale Forbes, IT Professional with over 38 years of industry experience. Apple Certified Mac Technician. Offering Mac-oriented services based out of Saint John, NB.

Cell: 506 636-0385 e-mail: adaleforbes@icloud.com www.macrepairandconsulting.com

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.

Brrr-ache Out the Snow Shovel:

 \mathbf{W} hile most people recognize that shovelling snow is very hard work, and can put severe stress on your heart, few people recognize the stress and strain that it places on the lower back. Most people don't realize that snow shovelling, especially if the snow is wet, is like picking up

Spray your shovel with a silicon spray so the snow does not cling;

- Step in the direction in which you are throwing the snow.
- Tackle heavy snow in stages. Avoid overloading the shovel.

• Take frequent breaks when shovelling. Stand up straight and walk around periodically to extend the low back. Do standing extension exercises by placing your hands on the back of your hips and bend backwards slightly for several seconds.

heavy weights. One full shovel load of wet snow can weigh as much as 25 pounds (11 kg).

Shovelling can be made even more difficult by the weather. Cold air makes it harder to work and breathe, which adds some extra strain on the body. Cold tight muscles are more likely to strain than warm, relaxed muscles. Take time to stretch and prepare your body. The Canadian Physiotherapy Association offers the following tips to help get a handle on safe shovelling:

• Choose a shovel that's right for you. A plastic shovel blade will be lighter than a metal one, putting less strain on your spine; and sometimes, a smaller blade is better than a larger one.

• When you grip the shovel, make sure your hands are 12 inches apart. This will increase your leverage and reduce strain on your body. Keep one hand close to the base of the shovel to balance weight of the lift and lessen the lower back strain;

• Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it.

• Dress warmly & wear proper footwear with good tread to help avoid slipping or falling;

• If you have a health problem or are not in good shape, do not even consider snow shovelling. Find someone ahead of time to help.

For more information, visit the Canadian Physiotherapy Association web site www.physiotherapy.ca



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



By: Tina Learmonth

Bayshore Home care Solutions

Is the time right for home care?

Y ou'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 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?

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.

0 /

The Kings Way LifeCare Alliance <u>Adult Day Centre</u> 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. ber, caregiver, health professional etc. <u>Financial Assistance:</u> Financial assistance may be available through the Department of Social Development or Veteran's Affairs.

Referrals:

Anyone can make a referral: individual, family mem-

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 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.

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The Poverty of Loneliness!

Recent Study talks about the effects of physical exercise on an aging brain.

Doctors have long recommended that their aging patients exercise, citing benefits ranging from better heart health to improved balance. Now there's a new reason for seniors to exercise: according to a new study, even moderate physical activity can have positive effects on brain function in aging individuals.

The study, tested the effects of aerobic exercise on attention activity in the brain. The findings were stunning: even low-impact activity, such as walking, resulted in more brain activity in areas devoted to attention.

None of this comes as a surprise to Dr. Frederic Flach, the editor-in-chief of Hatherleigh Press and publisher of FITNESS OVER FIFTY (Healthy Living Books, \$15.95). Flach, who has remained a prolific author and practicing physician into his 70s, cites staying fit as one of the most important goals a senior can have.

"Following the four pillars of exercise outlined in this book have kept me active, fit, and alert, even as I get older," explains Flach. "That's a gift I wanted to pass on to other seniors."

The book, a special illustrated edition from the National Institute on Aging, has the following tips for seniors who want to start an exercise program like the one in the newly released study:

CHOOSE AN ACTIVITY YOU ENJOY

Don't feel that you have to be able to run a marathon to get the positive effects of exercise. Any activity that increases your heart rate

and breathing for an extended period of time counts as exercise: walking, swimming, dancing, even raking leaves! By choosing an activity you enjoy, you'll be more likely to stick with your exercise plan.

START SLOW

Build up endurance gradually. If you need to, you can start out with as little as 5 minutes of endurance activities at a time. Starting out at a lower level of effort and working your way up gradually is especially important if you have been inactive for a long time. And remember: you should always check with your doctor before starting an exercise program.

LISTEN TO YOUR BODY

The goal is to build up to 30 minutes of moderate exercise a day (you can divide this into three 10 minute sessions if you need to). But remember to work at your own pace and pay attention to what your body tells you. Endurance activities should not make you breathe so hard that you can't talk, and they shouldn't cause dizziness or chest pain.

DRESS FOR EXERCISE SUCCESS

Older adults can be affected by heat and cold more than other adults. In extreme cases, exposure to too much heat can cause heat stroke, and exposure to very cold temperatures can lead to hypothermia. If you are exercising outdoors, dress in layers so you can add or remove clothes as needed.

DRINK PLENTY OF WATER

As you get older, your body may become less likely to trigger the urge to drink when you need water. Be sure to drink liquids when you are doing any activity that makesyou lose fluid through sweat. The rule of thumb is that, by the time you notice you are thirsty, you are already somewhat dehydrated.

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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Planning for the 38th Annual Sussex Flea Market is Under Way...

FIFA 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 Winter and the weather is cold, but many are already thinking ahead to next August, when thousands of people each year look forward to one of the biggest flea markets around held in Southern NB.

The 38th Annual Sussex Flea Market starting on August 16, 2019. 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 nonprofit 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



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:

I. 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 clubs 38th.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.

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 see 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 more information about the club. Hope to see you there!

> The footsteps of those who bring good news, makes a welcome sound... * * *

Our hopes lead us pleasantly







38th Sussex Flea Market

Buying or Selling You'll Be Glad You Camel See you there...

Visit our website: www.nbaac.org

along the path of life...



Funerals & Estate Planning...

Benefits of Pre-Planning Your Memorial...

If you've left your wishes, loved ones are left with fewer doubts...

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.

Pre-purchasing saves your loved ones from being forced into making fast decisions and spending thousands of dollars without the normal, coherent thought process a person typically makes when spending that amount of money.

Your family will be under stress and in a state of shock. They may not even be fully aware of what is being discussed while making your funeral and cemetery arrangements. Pre-purchasing allows you to pay todays price, and by doing this you are avoiding inflation for the years to come.

You can select what you are financially comfortable with at today's budget without financially burdening your family when you are gone.

Allow the Preplanning experts at Smet Monuments guide you through this process by reaching out today!

You may also want to consider having your monument or memorial installed while you are still able to enjoy it. It can stand as a tribute to you and your family – your ancestors, your descendants, your loved ones.



Important Cemetery Issues, 8 Things to Think About...



- **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?

Because everyone wants a place to Remember...

Every person grieves in their own time and in their own way. It is so important to have that special place for your loved one, so everyone may feel comfortable to visit and remember.

<u>YES</u>, we do have lots available at Cedar Hill Extension. – *Please contact our office: 9 am - 4:30 pm weekdays to discuss* – 650 Manawagonish Rd. Saint John, NB – 672-4309 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

Stay Out of Fraud's Reach...

New Brunswickers reported losing \$1.4 million last year to scams and frauds.

That's likely only a fraction of the money lost to con artists. According to the Canadian Anti-Fraud Centre, 95 per cent of scams go unreported because many victims are too embarrassed to do so.

As New Brunswick's aging population continues to grow – according to Statistics Canada, 31 per cent of the population will be over the age of 65 by 2038 -- so too does the vulnerability to financial fraud.

Older people are often targeted for several reasons. Today's seniors are more engaged, active and online than ever before, using the Internet for banking, social media and online dating.

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. They can best protect themselves by recognizing the tactics scam artists use.

Here are the top four scams targeting seniors and how they can avoid them:

Grandparents scam - Scammers may call and impersonate a family member (often a grandchild) in distress. Before sending any money, call to verify if the family member is really in trouble. They may ask you not to tell your family members. Red Flag: They ask you to keep it a secret.

Sweepstakes and lottery scams - Scam artists may contact you by telephone or mail saying you have won a lottery prize. To collect the prize, you are told to pay a fee. Red Flag: They ask you to pay fees to collect a prize.

Door-to-door scams - Door-to-door salespeople may use high-pressure tactics to get you to purchase a product or a service you neither need or want. Ask to see their licence from FCNB. Review any contracts before signing. You have the right to cancel a contract for any reason within 10 days. Red Flag: They pressure you to act fast and not give you time to think it through.

Romance scams – Fraudsters use dating websites to lure lonely people into online relationships. Soon after, they begin making financial requests. Red Flag: They ask you tosend money and you've only interacted online.

Frauds and scams change all the time. Knowing the red flags to watch for will help you be better prepared to recognize the scam and not become a victim. It's also important to report if you believe you may

have been targeted by a fraud or scam. Learn more about identifying potential frauds and scams and where to report them by visiting: http:// fcnb.ca/how-to-report-fraud.html

The best defense is to be informed and report the scam to help protect others in your community!

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

> > True love is for all seasons....

Healthy Diet vs. Supplements

A recent survey found that seniors are less likely to make dietary changes that would lower cancer risk and are more likely to turn to dietary supplements.

This is disturbing in light of the evidence that a diet rich in a variety of fruits, vegetables, whole grains, can significantly lower the risk for cancer.

In contrast, there is no evidence that the same is true for dietary supplements. Although hundreds of vitamins, minerals, and herbal compounds are available in supplement form, food scientists estimate that fruits, vegetables, whole grains, and beans could contain thousands of yet-to-be-identified substances that may play a crucial role in cancer prevention.

Multivitamins are useful for people who have difficulty meeting their daily requirements for necessary vitamins. However, for cancer prevention, you must alter your diet, increasing your intake of fruits, vegetables, and grains.

> The value of a special friend cannot be measuered, only treasured... * * *

A word of encouragement during failure is worth more that a book of praises after success...





How will you be remembered?

Glenn & Penny Foster Legacy Donors

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 For more informa Stephanie Fox, Vi

66 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**

