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— See Information, Page 14 & 15

— See Page 2



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— See Article, Page 12

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— See Article on Page 4

Every year, Bobby's Hospice cares for over 200 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.



COMING SPRING 2019!



New Location! Same Great Product & Service!

Port City Kia, Saint John's Premier Kia Dealer, will shortly be moving to a new location and building. The award winning design is called "Red Cube", (similar to the concept photo above.) Since opening its doors, Port City Kia has developed into the "go-to car dealer" for quality, stylish vehicles and exceptional service. At Port City Kia we have one purpose – to exceed your expectations from test drive to delivery. Our professionals are committed to a high integrity, non-evasive approach to your ownership experience. Our goal is for you to build it, price it and get it as simply as possible, and that the vehicle you drive away in, is the perfect one for you.

Offering both new and used vehicles, Port City Kia has one of the largest selections in the Southern NB region of new Kia's, as well as Certified Pre-owned vehicles that have passed an extensive 135-point inspection process. Carrying the full line of new Kia cars and SUV's, Port City Kia is proud to be showcasing the all-new 2020 Kia Telluride and 2019 Forte. The Forte was named the AJAC Small Car of the Year.

Kia is Canada's fastest growing automotive brand with record breaking sales every month. The award winning designs, safety features and amazing fuel efficiency are the reasons why Kia has become the number one choice for so many.

Port City Kia is proud to also be the sole Kia dealership in the Southeast NB Region, with one of the highest customer satisfaction ratings for both sales and service. Still going strong and leading the way in our mission to put our customers first and stick to our motto "Great Cars, Great Service, Great Deals, No Car Guys!" Whether you are from Saint John, Quispamsis, St. Stephen, St. Andrews, Grand Manan, Sussex, Hampton, or as far out as Charlottetown, Halifax or even Newfoundland, Port City Kia would be honoured to be the dealership you select for your new vehicle purchase or servicing. A complete trust and feeling of confidence in your Kia Dealer is important to Port City Kia, our commitment to our customers is our number one priority, and with the move to our new "Red Cube" building, our goals will become even more possible to prove to you that owning a Kia is an experience you don't want to miss. And in a very short time they will be making that promise to old and new customers, from their newly built, specially designed building, just up on Rothesay Avenue from their old location.

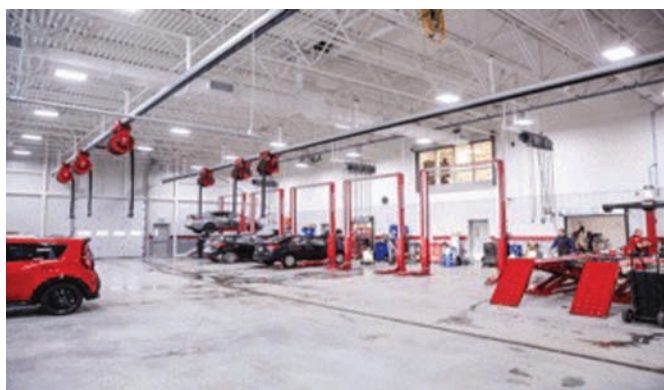
Just what is "Kia's Red Cube" – After a few years of examples springing up in places like Malaysia, South Korea, China and Mexico, Kia's Global Space Identity, dubbed "Red Cube," has hit the brand's Canadian dealer network.

Punctuated by large glass frontage, a bright and airy showroom, enclosed service drive-thru, new-car delivery area – and topped with striking red exterior panels, the program will be the first network-wide change for Kia dealers since the brand started selling in Canada back in 1999.

"Our focus is on modernization and expansion," explained David Deline, General Manager at Port City Kia. "We need to design and build a dealership through our customers eye's and expectations." With advancements in technology, having things like spots for customers to plug in their devices and work areas for customers who are waiting for service are the kinds of benefits that are essential nowadays and they add to our customers comfort and overall ownership experience.

The "Red Cube" concept first emerged in Asia around 2011. The program mirrors many others in automotive retail and includes a boxy front composed primarily of glass. The exterior panels are a deep, rich shade of red that makes the dealership name in white letters pop against the backdrop. The

inside it is more of the same – an expansive showroom with desks and workstations pulled to the side to give the feeling of roominess. Flooring and walls are bright white. Red Cube is not a traditional program when compared to others in the market.



Open, modern and bright service areas are a big part of the new "Red Cube" design focus.

The first Red Cube in Canada was Kia Trois-Rivières, which opened in January. The change there will mean an increase in square footage for the showroom from 14,400 square feet to 17,700 square feet and lot size will grow to 2.5 acres. Canadian Kia dealers were first officially told about the "Red Cube" program in 2015, When Kia announced its entrance into Mexico with 21 new Red Cube dealerships, Kia's Canadian dealers knew the program would be heading this way.

Approximately 30 dealerships were selected to complete the program first and Port City Kia was one of those first selected." With an ever-increasing customer base, a dealership that exceeds customers' needs and expectations was essential to the brand. With Kia dealers hitting a high of 77,900 units in 2012. And new-car sales volume growing by 5.6 per cent last year, in April 2011, there were 171 Kia stores; as of March 2017, there were 189, so the Kia brand is growing fast. "Satisfaction among dealers was significantly higher in a number of regions including Atlantic Canada and Quebec," in total, Kia has now sold more than 750,000 vehicles, in Canada.

For Port City Kia, the "Red Cube" program offers the biggest rewards – modernization and increases in capacity to offer better service to its growing list of customers.

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

Do what you like and like what you do, it's that easy...

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

*A good example is not the main thing influencing other,
it is the only thing...*

Childhood Memories

The thoughts that go the deepest
and be closest to the heart
The things most deeply cherished and
the hardest to impart
But somehow you will understand
the things that go untold
For no one knows like mother
the love a heart can hold.

It is Happy just to be Happy for some Happy reason...

Enjoying the Garden - Good for Mind, Body & Soul

It goes without saying that a garden is good for the environment, replacing carbon dioxide with fresh oxygen, preserving landscapes, retaining water and providing habitat for a variety of species.

But it is also good for your mind, body and soul. The bright colours of flowers and the aromas are pleasant, but they can also help improve your mood and turn negative feelings into positives.

“The vibrant colours and stunning displays you will see in Canada are truly remarkable,” says Bruce Sudds, director of marketing at Canada Blooms. “We value the impact flowers and gardening can have on your state of mind.”



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War Amps Key Tags at Work for Amputees...

For more than 100 years, War Amps has been making a difference in the lives of amputees.

As The War Amps mails out its 2019 key tags to households across the country with the theme, "Your Key Tags at Work," the Association is also embarking on its second century of service. For more than 100 years, The War Amps has been making a difference in the lives of amputees including 11-year-old Carter Sly.

Carter is a left leg amputee and a member of The War Amps Child Amputee (CHAMP) Program. The War Amps receives no government grants but with the public's support of the Key Tag Service, the Association provides amputees with financial assistance for artificial limbs, peer support and information on all aspects of living with amputation.


The Key Tag Service was launched after the Second World War so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association.

"The War Amps provides our family with invaluable support," says mom, Alzira. "Carter has been fitted with artificial legs for walking, running and swimming. We are so thankful to those who support the Key Tag Service." Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge.

Those who do not receive their key tags in the mail can order them at waramps.ca or call toll-free 1-800-250-3030.




Photo: Carter with the waterproof leg he uses for safety in the water and walking on wet surfaces, thanks to public support of the Key Tag Service.



The War Amps

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Carol Maher – Editor

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Making Memories through Music??

6 Windsor Court residents were chosen for an iPod music program.

What is Making Memories through Music?? The Alzheimer Society of New Brunswick, in partnership with the Fredericton Community Foundation, Royal Road Elementary School and Windsor Court launched an intergenerational and inclusive music themed program for persons affected by dementia.

The music program is intergenerational and inclusive for residents at Windsor Court Retirement Residence and youth from Royal Road Elementary school. This project not only provides education and awareness on the Dementia disease and it's progression but also provides a new tool or resource that families and caregivers can use to help deal with struggles and overcome challenges. Components of the program will include: Education, communication, music, literacy, socialization and inclusion.

The program also provides new insight to our youth about dementia and the challenges people are faced with, thereby increasing awareness and reducing stigma. It offers students and caregiver's positive coping methods, increased literacy, a safe place for socialization, and allows students to be part of a healing and education program which in turn build confidence, strengthen awareness and create bonds. As the population in NB steadily increases, our need to educate our youth is imperative for healthy aging strategies and supports.

Royal Road Elementary – Grade 5 students. Students were presented this opportunity through their Grade 5 Leadership program. Numerous were interested so there was a draw for students. Twelve students participated the program. Windsor Court residents were chosen based on staff selection of who would benefit from an iPod music program. 6 Residents participated in the program.

Once students and residents were chosen we began a number of visits:

Visit 1 – Royal Rd students visited at Windsor Court to meet the residents and staff. This is where they gained information about the music that the resident would like, etc. Each resident was paired with a student.

Visit 2 & 3 – Sheri Green (Windsor Court) and Tina Burns (Alzheimer NB) visited with the students at Royal Road School. It was here that there was education sessions re: dementia as well as preparing the playlists for the iPods. Students worked on developing the playlists for the iPods for their resident.

Visit 4 – February 12th we held an iPod release party where the students presented the residents with the iPod loaded with their playlist

Why did you choose this program? (All comments are from Sheri Green) This isn't our first time working with iPods and music therapy – we have been doing this at Windsor Court for years but this would be our first time working with an elementary school. Knowing the power of music, we jumped on the opportunity to bring the two generations together for a music therapy program.

We have been doing intergenerational visits with the grade 5 leadership students for the last 2.5yrs – so when we were presented an

opportunity to work with the Alzheimer society on this music program, we were pleased to start this program. We are so fortunate to have an elementary in close proximity, allowing this partnership to work so easily.

Lise Deveau (teacher at Royal Road) got the ball rolling on her end to get the students organized. Melissa Wilson (Activity Director Windsor Court) and myself worked on getting the residents chosen, setting up dates for the visits, etc.

We were fortunate to have the buy in from the parents of these students. Half of this program was done after school hours which meant that parents would need to plan for alternate transportation, etc.

The students were a joy to work with. They were engaged in the education sessions and asked questions about memory and dementia. They took a keen interest in their resident – ensuring to find out what kind of music they liked, what their favorite songs were. The students showed great pride when they presented the iPods to the residents.

When we presented the iPods to the residents, there was such a feeling of joy and happiness in the room. The residents were singing along to their playlists, smiling and you could feel a sense of calm radiating from them.

We titled this partnership 'Making memories through Music'. We did this to reflect the goals of the program for both the resident and the students. The resident would

be presented with a playlist of music that will bring back memories. The student will gain memories of their time in this program. They have been part of an amazing initiative to bring dementia awareness to youth through a music program.

This was an amazing learning experience, for myself as well as the students. It was the first partnership where I went into the school to present on dementia, memory and music. I had a few parents reach out to me after the first visit stating that their child was thrilled to be a part of this partnership. It is this type of feedback that provides the motivation to do these partnerships – it is rewarding to know that two generations can connect through music.



Windsor Court residents and grade 5 students in the Making Memories through Music program.

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Health Benefits of Long Term Fitness Training...

Younger, stronger, sharper. Benefits of physical activity over the long term

It's been 40 years since fitness entered mainstream popularity. Boomers who started running and working out in the late 1970s are reaping the rewards in terms of physical endurance, longer life spans and healthier hearts and minds.

Dr. Paul Oh, internal medicine and cardiac rehabilitation expert, wants to talk about the health benefits of committing to fitness over the long term, as well as what happens immediately when we exercise.

The Baby Boomers were in their 20s when aerobics became the favourite workout and when people started jogging to stay in shape. After the fitness trend took hold in the late 1970s, people became healthier over the years -- cholesterol and blood pressure levels fell, and deaths from heart disease dropped dramatically.

Four decades later, those who started on the ground floor with regular physical activity are realizing its long-term benefits in obvious (and not-so-obvious) ways, says Dr. Paul Oh, medical director of the Cardiovascular Prevention and Rehabilitation Program at the Toronto Rehabilitation Institute.

Although regular exercise has huge benefits at any stage of life and for any length of time, Dr. Oh lists these top 5 benefits of sticking with physical activity over the long-term.

- **You're less likely to get dementia:** Physical activity plays a significant role to keep us mentally agile in our senior years. Research indicates that physical activity improves cognitive function, but a decline in fitness explains why some people are more prone to dementia than others. Another study found those who exercised at least twice a week during middle age were much less likely to develop dementia by the time they reached their 60s and 70s.

- **It helps fight frailty:** After age 30 we tend to lose one-third of a pound of muscle per year, and our bones become weaker if they aren't subjected to weight-bearing exercise. Studies show regular strength training can triple overall muscle mass in older adults.

- **It helps you relax and puts you in a better mood:** Exercise produces feel-good hormones that act as anti-depressants. Being physically active also simulates stress – we sweat, our heart races, our mind is on alert. This exposure helps equip the body to handle the 'fight-or-flight' reaction that happens when we're anxious.

- **Your heart gets stronger:** Regular moderate- and vigorous-intensity physical activity strengthens your heart muscle, improving its ability to pump blood to your lungs and throughout your body. Being active also boosts production of high-density lipoprotein (HDL), or 'good,' cholesterol and decreases unhealthy triglycerides. This keeps blood flowing smoothly and decreases the risk of cardiovascular diseases.

- **It keeps you young (ish):** A recent study tracked a group of people in their 70s who had been running regularly for 40+ years and compared them to young adults. Although the active elderly group did have lower aerobic capacities than their younger counterparts, their capacities were about 40 percent higher than inactive adults their age. The active, older adults had the cardiovascular health of someone 30 years younger and far more than the muscles of more sedentary seniors.

Dr. Oh talks more about the benefits of regular physical activity over the longer term and its potential to improve physical and mental health as we age. He also advises people to be in touch with fitness experts and physically active older adults in your area to see how physical activity changes the aging experience.



Dr. Paul Oh

Below are two long-term gym-goers (40 years) who joined fitness clubs and haven't missed more than a week or two since. Both were happy to share their stories.

Ken Eady made a pact with his two older brothers when he was in his early teens. After watching their 53-year old father suffer his third heart attack, they promised each other they wouldn't allow heart disease to cut their lives short and then set out to do something about it.

Ken began working out 2-3 times a week and joined his first fitness club in 1979. Ken is still going strong in his late 60s. Although he had to stop playing sports after numerous surgeries, he has found other physical outlets in kayaking and paddle-boarding.

Paul Coleman began working out in 1981. Livestock and cash crop farmer by trade, Paul was already strong, but he wanted cardio training to keep him fit for his other job as a referee with the Ontario Hockey League. That's what led him to the gym, but he keeps coming back because of the friendships he has developed. Nearly 40 years later, Paul jokingly describes himself as the

'oldest, fattest fit guy at the gym.' While he's never been a goal-oriented person, fitness is now ingrained in his lifestyle and you can find Paul working out four to six times per week.



Ken Eady made a pact with his brothers when he was in his early teens.

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The King Who Doesn't Want to be King...



Alan England has been listening to Elvis music for most of his life, but for the last 6 or 7 years he has taken his love of the Kings music a step further.

If front of crowds sometimes in the hundreds, England becomes “Elvis Presley”. “Who wouldn’t want to be Elvis Presley, asks England rhetorically. He had so much charisma. He would just walk around and everyone would

go absolutely crazy!

England performs almost exclusively as a volunteer at senior homes in and around Saint John, which means some of his audience members may very well have seen the real King of rock and roll in person. Based on the reactions to his performances England must be pretty close to the real thing. “It’s unbelievable” said England. “they love to hug me when I go into the audience, some of them dance with me too.”

I try to do Elvis throughout the late 60’s and mid 70’s, the crowd really appreciate the songs I choose to sing. When he puts on the suit to perform a regular show for his “senior friends” as he calls them, he can pump out anywhere between 25 - 35 songs per show spanning Elvis’ entire career from the very well known *Suspicious Minds*. *American Trilogy* and *Don’t be cruel*, to Elvis Christmas and Gospel works.

Over the years England’s hobby has expanded to include the likes of Johnny Cash, Englebert Humperdinck, Tom Jones, Roy Orbison, The Beatles, Alan Jackson, CCR, Freddy Fender, even Billy Ray Cyrus to keep his audiences entertained.

“I can even sing like a woman if I need to” he says. “I have the ability to change my voice when needed.” His intentions in the near future are to include the likes of Charley Pride, Louis Armstrong, as well as Marty Robbins. “My parents played all this music when I was growing up so I really know it well.” “When I pick songs to sing, I choose the specific songs that will trigger a memory for my audience.”

In one recent show England brought a woman to tears with Elvis’ rendition of “In The Ghetto.” “She cried like a baby toward the end of the song so I went over and gave her the biggest hug I could, it was the greatest feeling in the world for me to do that”

Like many of these Elvis tribute artists, England started singing in the basement, practising endlessly to master his craft. When he finally got the courage to buy a couple of nice suits and get out of the basement and onto a stage, England immediately thought about senior homes. “It can sometimes be a lonely place to be, but I love the atmosphere of singing for the senior crowd, they are truly the real Elvis fans, and I love to chat endlessly with them listening to all their entertaining and interesting stories of their lives”

Despite the positive reactions he gets from his audiences, England said he has no desire to take this any further than he does. “I have a great job in the printing industry, I have a wife and daughter to keep me busy, we love to travel, so this hobby part of my life will stay a hobby for me, I do it when I want, where I want, and if I want to” “It is so much more satisfying for me when it’s not done as a business”, “I simply use my Ipad for the backing music and all I add is my vocals, I have no band to pay” he laughs.

“Lord knows I don’t look like Elvis, nor do I try to. What I do though is try to put on the most respectful performance I can for my senior crowd. They are the real heroes in my book, they deserve to have a good time” !!



You can find England on Youtube if you type in “Alan England Elvis” to view many of his performances, if you want to touch base directly you can e-mail him at – alantcb@bellaliant.net

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“Why would I choose to preplan my funeral?” That’s a really good question and one that we encourage people to ask. It’s a decision that can impact your family and your estate and everyone should understand their options.

We have a host of reasons that preplanning is a good idea. Perhaps a few of the more common ones will help you find the answer best suited to your circumstances.

It’s your funeral (literally) and you may want to have something to say about what happens. Preplanning allows you to record your wishes. Everything from where it takes place to who’s involved, to choices of music or readings or charities who might benefit from memorial donations, can be documented. And, if you want something a little different, now is the time to say so. Perhaps the best part of all of this is having the time to think things over, without any pressure, and make the right decisions for you and those you leave behind.

Speaking of those left behind; the most common motivation we hear from past customers is to save their families from difficult decisions

at an already difficult time. Some families really struggle with trying to decide what’s right – what would Mom have wanted? If you’ve left your wishes, they are left with fewer doubts and more time to deal with their loss and comfort one another.

A guaranteed price is important for many people. If you choose to prefund your plans you can often lock in the cost of the funeral home’s services at today’s rates and avoid a significant expense to your estate or your family later.

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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.

Every year, Bobby's Hospice cares for over 200 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.



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

Cedar Hill - Greenwood Cemetery



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.

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– Please contact our office: 9 am - 4:30 pm weekdays to discuss –

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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

Funerals & Estate Planning...

Benefits of Pre-Planning Your Memorial...

**When you have left your wishes,
loved ones know what to do and 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 today's 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.



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50 Plus Freindship Games June 3-4, 2019 Saint John & Area



The 50 + Freindship Games span a wide range of physical and mental challenges – from Horseshoes and Swimming to Chess and Bowling. These events bring together active competitors who participate for the sheer joy of competition, for the opportunity to catch up with friends, make new friends and of course, for the fun of the various games themselves



*With the up-coming 50+ Freindship Games,
followed by various Summer Activities & Events,
being held in Saint John, I urge all seniors
to stay active, get involved, and enjoy the
games. Good Luck & Have Fun!*

Dorothy Shephard

MLA for Saint John Lancaster

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



50+ Freindship Games June 3-7, 2019

**Auction 45, Cribbage, Chess, Crokinole, Bowling,
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much more**

**For the affordable price of \$30.00, you can
participate in any number of these games, enjoy the
Awards Banquet, the company of old friends and the
opportunity to make new ones.**

Saint John and surrounding areas

Call 633-8781 for information and registration

Financial abuse of seniors: it's everyone's problem...

World Elder Abuse Awareness Day on June 15 provides an opportunity to come together to fight the financial abuse of seniors in New Brunswick and work together to end it.

At FCNB, we've heard devastating accounts of seniors who were victims of financial abuse, stripped of their life savings. The effects go well beyond the pocketbook – the financial abuse and exploitation of seniors can lead to social isolation, depression, anxiety and other negative health effects.

Protecting yourself and your loved ones is crucial.

FCNB has many free tools you can use at home to help you recognize and protect yourself from financial abuse, as well as prepare for the future. They're available at FCNB.ca:

- **Recognizing Financial Abuse:** This brochure helps families and caregivers recognize red flags of financial abuse and take the next step to report and stop the abuse.
- **Money Talks: Financial Abuse:** This checklist will help you start a conversation if you are concerned about the financial well-being of your parents or a senior close to you or if you suspect they are being financially abused.
- **5 Myths on Elder Financial Abuse:** Protect yourself and seniors in your community by recognizing these 5 myths on elder financial abuse.
- **The Record Keeper:** Do you remember where you've stored the deed to your house or where your life insurance documents are? Do your loved ones have contact numbers for your financial planner, accountant or lawyer in case something happens to you?

The Record Keeper provides the perfect place for storing essential information in one handy location.

We all become more dependent on others as we age. FCNB is committed to improving detection and prevention of the financial abuse of seniors. For more information, visit FCNB.ca or call 1 866 933-2222.

Experience is the name we give to past mistakes...

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

Success has little to do with comfort...

All the beautiful sentiments in the world weigh less than one single lovely action...

The greatness of any person can nearly always be measured by their willingness to be kind...



Seniors Spring&Fall Fests, 50+ Friendship Games, Teas, Seasonal Socials and General Inquiries
Contact Seniors Resource Centre | 633-8781

Seniors Skating
Contact City of Saint John | 658-2908

Seniors Yoga, Line Dancing, Pickleball, Zoomers and Bridge
Contact Market Place Wellness Centre | 674-4335

Saint John and District Shuffleboard League
Contact Lorraine Michaelson | 654-7615

Lawn Bowling
Contact Francis Meehan | 693-5565

For more information, visit: www.saintjohn.ca/seniors



 SAINT JOHN



"Son, it's time for us to have the talk..."

Many seniors are uncomfortable talking about money with their adult children. But your children need to know about your financial situation, your plans and your wishes.

Have you had the family money talk yet?

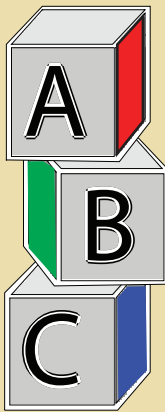
Visit our website at www.fcnb.ca/estate for advice and free tools to help you start the conversation.

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Citizens' Federation Inc.

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Call today! Get the answers to all your questions...

Plan Now for the 38th Annual Sussex Flea Market...

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

The calendar says Spring, the weather is warming up and, 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 New Brunswick.

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 non-profit organization where friends meet and talk about their cars. The Club was formed at Harvey Station, NB. on September 18, 1966. In 2016, the club celebrated their 50th Anniversary. It is a provincial club made up of 7 regions: Fundy – Saint John; Lower Valley – Fredericton, Northeast-Campbellton, Bathurst, Miramichi; Northwest-Edmundston, Grand Falls, Perth Andover; Passamaquoddy-St.Stephen; Southeast-Sackville, Moncton,



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Sussex; Upper Valley-Woodstock. The NBAAC has a representative for the National Association of Automobile Clubs of Canada. (NAACC).

The club acts as a watchdog, keeping abreast with laws, which could affect antique car hobbyists. The NBAAC was also inducted into the Maritime Sports Hall of Fame in Pedicodiac, N.B. The Club accepts all car enthusiasts regardless if you are an owner or not. The Club has approximately 400 members and growing.

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

1. A publication of Wheeltracks which review past activities and upcoming events.

2. A publication of the Roster's yearly listing all club members. This publication will assist you in finding your dream car or allow you to get in contact with car owners for information purposes.

3. It also gives you membership to the NAACC.

The Club's biggest annual event of the year is the Automotive & General Flea Market held in Sussex. This year will be the 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!

*Our hopes lead us pleasantly
along the path of life...*

38th ANNUAL

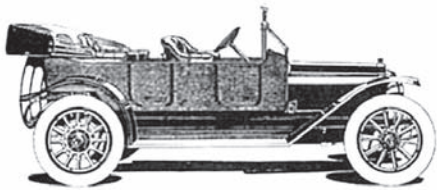
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Friday, August 16, 2019 8 am - 8 pm
Saturday, August 17, 2019 8 am - 8 pm
Sunday, August 18, 2019 8 am - 3 pm

No Pets Allowed by Public

Car Corral - Friday & Saturday
Show & Shine - Sunday 9 am - 3 pm

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



38th Sussex Flea Market

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See you there...

Visit our website: www.nbaac.org



A Family Caregiver Asks:



Senior Watch:

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

A family caregiver asks:

Q. My dad has dementia and is exhibiting some very challenging behaviours? What can I do?

A. First of all, all behaviour has meaning. There is still a very precious person behind all behaviours! The person has played a very special role in your family. Could it possibly be something in his environment that may be triggering the behaviour? Be gentle. Don't over react. If he comes angry do not take it personally – remember it is the disease that is causing him to behave differently.

Take any necessary steps to calm his environment. Is he being over stimulated by conversations, television, noises from machines; e.g., dishwashers, dog barking, thunder? The time of day can affect his world; -e.g., late afternoon or evening can bring on unexpected responses to his environment. Has he expressed any "fears"? Is he experiencing emotional or physical discomfort? Is he bored? Has he been excluded from normal family gatherings? Could he feel overwhelmed by family expectations? Does he feel devalued by family members or friends? These are just a few of the possible causes of challenging behaviours.

Caregivers frequently struggle to manage the behaviours associated with dementia. The first step is (A) defining the problem ...this is not an easy task! Once a possible cause is identified, then you can move on to (B) and explore the options...perhaps you believe there is overstimulation. (C) You decide on a course of action. Monitor the outcome.

If improvement is noticed, communicate this to other family members or caregivers. If no improvement, reassess and choose another intervention.

It is absolutely necessary for you as a caregiver to look at your own feelings and responses to the behaviour. Do not try to reason or argue with the person. At times you may need to draw on your sense of humour or distraction! At all times remain calm and look for reasons for the behaviours.

Remember to look beyond the behaviour. Always treat the person with respect and as "normal"; however, do not have normal expectations of them.

The course of this disease cannot be changed. We must work to decrease the impact on the quality of life of the individual and the family. – Sharon A. O'Brien, Executive Vice President, Policy & Education, Senior Watch Inc.

What he told his Sweetheart: A cook in the army spent 2 hours creaking eggs, preparing them for the ship's breakfast. He would creak the eggs and let the shells fall on the floor. Later when he wrote his letter home, he told his girlfriend that for the last 2 hours shells were falling all around him...

Book Review...

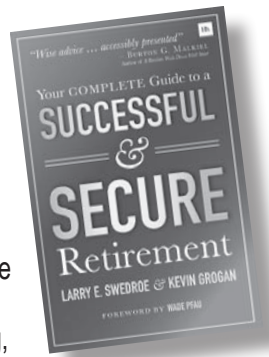
Retirement — most of us look forward to a life free from work. But the truth is that retirement can be highly stressful and complex — and all too many fail to plan for it. Those who fail to plan, plan to fail," say Larry Swedroe and Kevin Grogan.

In their new book, YOUR COMPLETE GUIDE TO A SUCCESSFUL AND SECURE RETIREMENT, Swedroe and Grogan cover all the bases when it comes to preparing for a comfortable retirement -- from investing, social security, and insurance to women's unique retirement issues, preparing heirs, and the threat of elder financial abuse.

Swedroe and Grogan address such issues as:

- * Why financial planning should be only one part of retirement preparation
- * What goes into proper care and maintenance of your investment portfolio
- * How decisions people make about Social Security and Medicare can have significant impact on their lifetime value
- * How to use income annuities to mitigate "longevity risk" — the risk of outliving your assets
- * The unique issues women face when it comes to retirement
- * What you need to know about transitioning assets — from minimizing tax consequences to preparing your heirs
- * The threat of elder financial abuse, and how to structure your estate to prevent your being taken advantage of

With decades of experience, Swedroe and Grogan have a wealth of insights to offer readers in their new book – enjoy.



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Living for Today, Giving for Tomorrow...

Glenn Foster loves the outdoors. The 56-year-old spends hours being active in the Sussex area.

He's particularly looking forward to the warmer weather to begin biking and canoeing again. And with every peddle and every paddle, he'll be working a heart that had its fair share of work itself.

In 2010, Glenn found out he had a heart arrhythmia. It became more serious as time went on, and in 2016 he suffered a major heart attack.

"I recall feeling like I was falling into a lake of ice. It was the coldest I've ever been. And I remember seeing a dark hole."

Glenn had to have emergency surgery to correct that rhythm problem. After the operation, he was in the cardiac rehab and risk reduction programs at the Saint John Regional Hospital and the NB Heart Centre.

"And full marks for that program," says Glenn. "I've been able to get my heart rate down, my blood pressure down, and I've had no troubles with my arrhythmias, and I think the team they have there is second to none."

Glenn's positive experience with doctors and staff inspired him to give back to the hospital.

"We wanted to direct our gift to the amazing people and teams that brought me back from the edge and saved my life."

It's an idea Certified Financial Analyst, David Wells encourages for his clients.

"Planned giving is an important part of an overall wealth management plan. In addition to the satisfaction of 'giving back', there are



Glen Foster

important tax benefits that can be realized," says David.

As for Glenn, the legacy gift to the Saint John Regional Hospital Foundation is recognition and appreciation for care he considers above and beyond. He sees it as an inspiration as he lives a healthier life.

"It's onward and upward for me." To find out how you can create a legacy of healthcare excellence for years to come while experiencing significant tax benefits now, contact Stephanie Fox, Vice President, Saint John Regional Hospital Foundation at 506.648.6296 or Stephanie.Fox@HorizonNB.ca – Please see ad on page 15



David Wells, CFA, Vice President & Director, Portfolio Manager, RBC Dominion Securities

BENEFITS OF
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“We wanted to direct our gift to the amazing people and teams that brought me back from the edge and **saved my life.**”



BENEFITS OF *Legacy Giving*



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David Wells, CFA
Vice President & Director, Portfolio Manager,
RBC Dominion Securities

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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**



"Time to Lay the Groundwork for Summer Colour"



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

[Our thanks to Duncan and Brunswick Nurseries for the Front Cover Photo...](#)



Though it's early yet in the spring to have colour like in these photos, it is time to lay the groundwork for summertime colour and beauty in the garden. I thought I'd show you three favourite shots from last summer in Betty's and my home gardens. I will mention a few key points on design, materials, plant selection, and garden maintenance.

At right is a view from upstairs over the main patio and lawn. Being a passionate gardener, I probably have more area in beds than I do lawn! But I acknowledge the important role lawns play in the landscape. Sort of the same role a beautiful Persian rug plays in a well-furnished living room. It is the open, central area where people walk around, able to appreciate the surrounding furnishings and paintings on the walls, etc. A lawn plays a similar role, and allows the viewer easy access to the surrounding beds. Notice how many trees, shrubs, and small beds I have breaking up the lawn. Zero. I can mow my entire lawn in 30 minutes, with no obstructions. I prefer to see all the landscape detail in border beds, or large island beds if there are boulders or trees to justify locating a bed around them. A bed around a patio is a natural... providing colour and interest to those relaxing there, and some separation from the lawn or the neighbours' view. The bank behind the lawn is also a natural location for a bed, too steep to easily mow, and tilted toward the house and lawn to maximize the view. At the foot of that bank is a full French drain, landscaped with beach rock and pebble to suggest a gently meandering stream. The bridge allows access to the upper level over the 'stream', and becomes a garden feature providing year-round visual interest. Note there are plenty of evergreen shrubs in the beds to ensure they still look good in the off-season.

Though I strive for as much perennial colour as possible, we do love the punch of bright colour that only annuals can add. Why not design a patio with a curving perimeter? The 'soldier course' is set along the desired curving outline, then the interior square-patterned pieces simply cut where they meet the curve. These are large, square-cut natural flagstones in three sizes, available from local suppliers. Notice the embedded circular pattern to provide focus to the sitting area by the fireplace.

The second shot (*Our Front Cover Photo*) is of our West Patio and pond, so-called as they are backed by the western horizon- the Kingston Peninsula and Kennebecasis River, over which expansive sunsets routinely blow us away. It was a long-planned project of mine for years, after seeing a pond with mysteriously floating stepping stones across it at Fox Point Golf Course in Nova Scotia years ago. I will keep my technique secret for now, but safe to say it is more regular-than meta-physical. Again the patio is large to accommodate a fair gathering of people, and rounded in outline, this one being less formally rounded to go with its relaxed setting. My planting plan always uses shrubs to provide year-round presence and a sense of maturity that perennials alone cannot give. The perennials, such as the massive pink garden phlox in the fore-

ground, provide returning and increasing colour each season without the planting effort. And, as usual, I ensure summer-long intense colour with bold annuals such as the petunias and cleome that provide masses of pink. Water in the landscape is a joy to me, with the iconic goldfish and water lilies as must-haves, but the whole aquatic atmosphere simply doubling the wonderful diversity of this garden scene.

Lastly, you see me standing in one of our newer additions, a fun bed we call the Cutting Garden. Its intent is a source of cut flowers for making bouquets, a garden planted with perennials that make good cut flowers in such high density that you could cut frequently and still leave it looking attractive. The good problem we have is that it turned out to look so colourful and lovely that we do still feel guilty cutting flowers in it! We do have a deer fence around the entire property, so are able to use varieties that deer like too. Two of those giving colour on this late July day are black-eyed Susans and garden phlox (salmon pink and magenta). The lower masses of light green are the flower heads forming on

Autumn Joy Sedum, which will be rich pink in September-October (deer prone too). Some deer-resistant perennials to use would be peony, speedwell, globe thistle, iris, Liatris, monkshood, and Ligularia. The pathway is of compacted pea gravel, making a loop through the bed which the garden visitor can use to navigate the garden. The site was a rough pile of subsoil left after building a trout pond years ago, I simply coated it with 6" of topsoil to make the bed. The surface is covered with salmon compost, which I use on all the beds after spring

weeding as a mulch. It looks more like soil than bark mulches, and builds soil organic matter and fertility as it breaks down.



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April-May Dates and Events (Deals & details Facebook& web)

Apr 20 GRAND OPENING WEEKEND: Celebrate Earth Day with a Tree! Free Spruce Seedling, one per family, now 'till May 30. Selected White Pine and Spruce trees 30-36" 50% OFF! Reg \$29 now 14.99

May 11-12 MOTHER'S DAY SALE 40% off a tree or shrub for Mum

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