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BY CHARLES DICKENS,
ADAPTED BY BOB DOHERTY
NOVEMBER 20-23, 201

Fall Issue 2019

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- Retirement Matters
- Lifestyle Trends & Travel
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- Hearing Tips & Advice
- Healthcare Concerns
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Port City Kia has two public chargers at the new location and is a fully certified EV dealer.



More manufacturers are adding hybrid vehicles to their lineups. Kia is no exception with its Niro. The Niro can be bought as a plug-in hybrid or a new Niro EV, an all-electric version, with a healthy 239-mile range. No matter what Kia Niro you prefer, they prove to be a capable, small crossover with good space in both front and back seats.

Driving the Kia Niro Plug-in and the Niro EV are different experiences. The Plug-in seems a bit timid when you're accelerating and the gas engine often helps. Choosing Sport mode is helpful. The Niro EV is sportier when you hit the accelerator with plenty of punch. Both handle with confidence, more like a car than the small crossover body suggests.

Cost: Kia Niro Plug-in ranges from \$28,500 to \$35,900.

Kia EV ranges from \$38,500 to \$44,000

MPG: 46 mpg on gas only; 105 mpg driven on a full charge

Safety: A full suite of driver aids include forward collision warning, lane keep assist, smart cruise control and blind spot detection.

Options: Kia doesn't skimp on features. Both the Plug-in and EV versions come in top-of-the-line EX Premium trim, so heated/ventilated seats and a heated steering wheel is standard.

Pros: Niro EV has plenty of instant power

Niro EV has long-range capability for the price

Niro Plug-in offers 26 miles on electric power before the gas engine kicks in

Cons: No AWD is available

Plug-in version acceleration is a bit tepid

Rear cargo area is smaller than other small crossovers



The Niro can be bought as a plug-in hybrid or a new Niro EV, an all-electric version, with a healthy 239-mile range.

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Life is 10 percent what you make it and 90 percent
how you take it...

One sign of maturity is the ability to be comfortable
with people you don't like...

A hunch is creativity trying to tell us something...

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

Sacrifice and Legacy:

Two Amputees Share a Special Bond

Sean Borle, 24, recalls meeting Second World War veteran Lloyd Brown, 96, for the first time six years ago at a Remembrance Day ceremony. “We had this magical moment where I reached out my right hand and he put out his left, to shake hands,” he says.

Borle was born missing his left hand, and Brown lost his right arm due to the shrapnel of a shell on October 18, 1944, while serving with the Loyal Edmonton Regiment in Italy.

On Remembrance Day, the pair share a special tradition of laying a wreath on behalf of The War Amps, an organization entering its second century of service this year.

The War Amps was started by war amputee veterans returning from the First World War to help each other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

Borle grew up in The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for the cost of artificial limbs, emotional support and

regional seminars to young amputees across Canada. It was started by War Amps Members, like Brown, who realized their experiences of living with amputation could help others.

Through what they call “Operation Legacy,” Borle and his fellow members of CHAMP have now “taken up the torch” of remembrance to pay tribute to the veteran members of The War Amps, whose efforts have made a difference in the lives of thousands of amputees. “Knowing that there are people like Lloyd who understand what it’s like to be missing a limb, makes you feel like you’re not alone,” says Borle. When Brown attends the Remembrance Day ceremonies, he reflects on all those in his regiment who never came home. “It’s heart-breaking to think of all those who lost their lives and it’s important to remember them,” he says.

For Borle, it’s special to share Remembrance Day with Brown. “I would not be the person I am today had it not been for that decision more than 100 years ago to begin The War Amps,” says Borle. “It is our commitment as Champs that the legacy and sac-

rifices of Lloyd, and all the war amputee veterans, will be remembered and carried forward.



Second World War amputee veteran Lloyd Brown shares a special bond and Remembrance Day tradition with Sean Borle.

WAR AMPS “CHAMP” SAYS THANK YOU!

Jaelynn, 6, was born a left arm amputee, and as a member of The War Amps Child Amputee (CHAMP) Program, is eligible for financial assistance for the cost of artificial limbs and adaptive devices, regional seminars and peer support.

“Life for Jaelynn without The War Amps would be a lot different,” says parents Josephine and Kenny. “She wouldn’t have the artificial limbs she needs, due to the high cost, or the independence she now has because they allow her to do things with two hands.”

The War Amps receives no government grants but with the public’s continued support of the Key Tag and Address Label Service, its vital programs will carry on long into the future.

“Our little ‘Champ’ says thanks to all of you who donate to The War Amps, and we are so very grateful too,” says Josephine and Kenny.



Jaelynn



Remembering our Veterans



War movies have a way of making things look exciting. Made so that a soldier, without too much effort, wins the day by saving injured men or a town from destruction, often both. If only past World Wars were like the movies, but we know that true war is brutal, and many of the stories buried with the heroes that were there day after day, fighting in horrific conditions are best left untold. Families back home could image the conditions, the sacrifices, the courage needed to fight on, but letters home assured the family that “things were OK”, a faint effort so they would not worry.

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

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

Our special feature “A Salute to Veterans 2019” is our way of saying: “Thank You... We Will Remember All Your Sacrifices.”

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

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

“WAR IS OVER” - Soldiers Coming home: Home to an anxious nation waiting to say “Thank You.” Men and women who gave us so much, and who asked us for nothing in return, except that we would remember what they fought for, remember the ones’ fallen in battle, remember, so that War could never happen again. Years have passed since the guns fell silent on the morning of November 11, 1918, And the images of war slowly fade from memory as the years pass.



Exercise and Healthy Brains...



Senior Watch:

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

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

The pundits would have us believe there just might be!

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

Does this scenario seem to be happening more frequently as the years roll by? The interesting conclusion reached by the research is that when we are in our 40's & 50's small changes begin occurring in our brains that, if not addressed, will lead to changes in our ability to process information (attention), our executive function and our cognition; e.g. "losing our keys, forgetting names. These changes are happen when we are experiencing lifestyle changes especially in the area of "activity", So, what can we do about it? We hear a lot about the need to be

"life-long learners", That could certainly be helpful in maintaining mental acuity. Perhaps we could take this one step further and determine to establish routines that support "life-long activities". What do we need to motivate us to establish activities early in life that can be comfortably carried on in to our later years?

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

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

Health News from the Net

Findings from September's Prostate Cancer Awareness Week

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



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Carol Maber – Editor

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ISSN 1203-4363 Mailed Under Publication Mail Sales Agreement: No. 795224

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On Your Doorstep: Protecting Yourself from High-Pressure Sales...

Door-to-door salespeople sell services and products like snow plowing and heat pumps by coming to your residence and providing you with information or demonstrations on the product or services they are selling. The companies using door-to-door salespeople will sometimes offer to perform free in-home assessments as part of their sales pitch.

Many reputable companies sell their products and services this way. However, as in many other areas, there are also scam artists who take advantage of the door-to-door approach. The Financial and Consumer Services Commission (FCNB) has received complaints of unlicensed door-to-door activity, often targeting seniors, resulting in the loss of money on products and services that are never delivered or are of poor quality.

Companies and individuals selling door-to-door must be licensed with FCNB. This licence protects you by screening these individuals before they enter your home. When approached by a door-to-door salesperson, make sure they are licensed; that their licence has not expired; and that the salesperson is selling the product specified on the licence.

Even when licensed, however, FCNB has received complaints of some door-to-door sellers who are using high-pressure sales tactics. Having someone selling you products or services in your home can put you on the spot. Here are some tips to help you in dealing with door-to-door sales:

Beware of high-pressure or misleading sales tactics

Door-to-door salespeople using high-pressure tactics may get you to purchase a product or sign up for a service you neither need or want. High-pressure tactics include:

- Visiting your home unexpectedly.
- Offering services such as a free inspection of your furnace or to test of your water.
- Misleading you by implying that they work for your municipality, a provincial organization or a utility company.
- Saying it is a one-time offer only available now.

Don't be pressured into signing on the spot. Take the time you need to consider the product or service.

Review the contract

Whenever you buy a product or service at your door, the seller must provide you with a contract. Be sure you understand its terms and conditions and are comfortable with what you are committing to BEFORE you sign.

This becomes even more important if the sale involves a product installation in your home. Do not rush into the purchase. Because although you do have cancellation rights, removing an already installed product could still end up costing you money.

Know your cancellation rights

New Brunswick consumers also have the right to cancel a contract for any reason within a 10-day cooling-off period. When you cancel, the seller has 15 days to give you your money back. Take this time to review the contract. And, as we noted above, be wary of quick product installation. If the product is installed prior to the expiration of the cooling-off period, you may incur extra costs.

If you or someone you know has been the victim of a door-to-door scam or been approached by an unlicensed door-to-door salesperson, report it to FCNB.



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Knock! Knock!

Did you know that people selling door-to-door must be licensed with FCNB?

Checking licensing is one simple step you can take to protect yourself.

You should also:

- Be aware of high-pressure sales tactics.
- Shop around.
- Review the contract carefully.
- Know your cancellation rights.

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A Campaign is Underway to Raise Money for a New Vehicle for the Veteran's...

Vernon Ellis was just a teenager from London, Ontario when his ship ran into trouble off the coast of Nova Scotia in 1949.

“HMCS Magnificent run aground, so we come into Saint John Harbour to get repaired. We spent nine months here, and I was 19 at the time. The girl was 18, and we decided we’d get married.”

More than 70 years later, Mr. Ellis is still in Saint John, a resident of Ridgewood Veterans Wing. Now in a wheelchair, he appreciates the bus that Ridgewood owns to get him around.

“It means I have the chance, 2 or 3 times a year, maybe more to just get out. See the public. They take you up through Rockwood Park, all the areas.”

But those excursions haven’t been happening lately. The bus is in the repair shop constantly.

And what does that mean for Mr. Ellis? “You’re looking at me right now. Sitting. Right here.”

Nicole Robertson is the Supervisor of Recreation Therapy at Ridgewood Veterans Wing. “Our list is long for the opportunities to use the bus; we just need one that is reliable for our veterans.”

So, a campaign is underway to raise money for a new vehicle.

86-year-old Ted Shuve is grateful for all those who are donating. “They’re helping people like myself get around and do something. It gives you the freedom to say, “Well, I get to see the outside world.”

And whether it’s for ice cream, a doctor’s appointment, or Remembrance Week events, Mr. Shuve says the bus is important for many reasons.

“When you see that bus going, it’s a veterans’ bus, and that’s a great thing to remind people... about the veterans.”



Ted Shuve, Veteran, Nicole Robertson, Supervisor, Recreation Therapy, Ridgewood Veterans Wing, Vernon Ellis, Veteran

To make a donation, please contact the Saint John Regional Hospital Foundation at 648-6400 or <https://thegive.ca/fieldofflags/>

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Rhoda's Christmas Crafts at Harbour Station

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Rhoda's Christmas Festival of Crafts, Antiques, Art & Food is held again this year at Harbour Station, Saint John. Known as one of “The” finest Christmas Celebrations with many planning their Holiday Craft buying for Friday Nov. 15th noon to 9pm and on Saturday Nov. 16th, 10am to 6pm and on Sunday Nov. 17th from 11am to 5pm

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

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

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

With Christmas spirit in the air, and the Christmas tree setting the stage, 3 days of gifts, sights, sounds, smells and smiles. Plan to be at Rhoda's Festival of Crafts, Antiques and Food on November 15, 16, 17th at Harbour Station. Start a new Family tradition or continue with an old one. Cost for admission for all three day

Adult \$7.00, Senior and Students \$5.00
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The peace and freedom we know and cherish in Canada become all the more meaningful as we consider those who do not share in our good fortune and the sacrifice thousands of Canadians made to preserve those ideals.



Monique LeBlanc

MLA for Moncton East

506 386-2014 Monique.A.LeBlanc@gnb.ca



"I wish to salute all Veterans! You are a living reminder of the freedom we are privileged to enjoy as Canadians"



Gerry Lowe

MLA for Saint John Harbour

gerry.lowe@gnb.ca



Remembrance Day and the Poppy are symbols of sacrifice which help recall the burden Canadians paid for the freedom we enjoy. Stopping for just a few moments to remember those who gave so much is a small tribute to the many veterans who defended our country and what it represents



Hon. Ross Wetmore

MLA for Gagetown-Petitcodiac
(506) 453-7494 ross.wetmore@gnb.ca

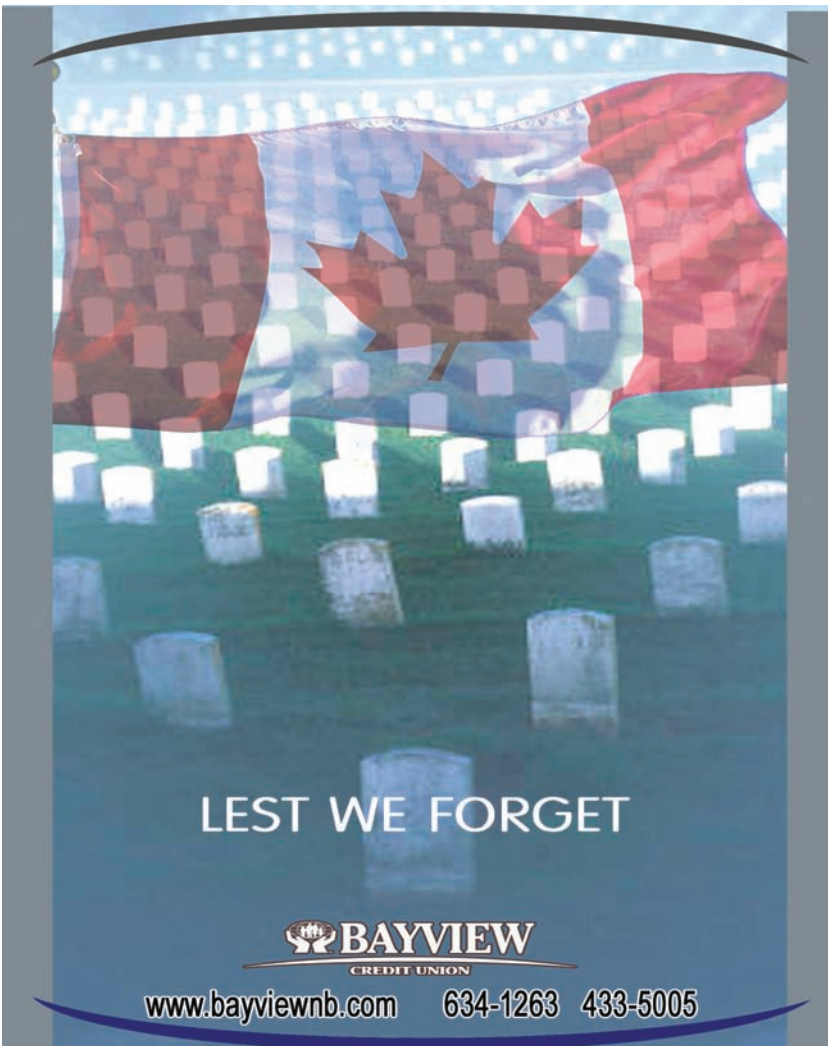


On Remembrance Day we all must celebrate the contributions of our men and women who served their nation so valiantly in times of war and in times of peace. Let us honour their sacrifices, remember their legacy and teach youth our history.



Hon. Cathy Rogers

MLA for Moncton South
506 696-6824 Cathy.Rogers@gnb.ca



*Honour our Veterans
Wear a Poppy
with pride.*

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



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A Salute to our Veterans*

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*We Salute
All
Veterans...
Thank You*



Remembrance Day


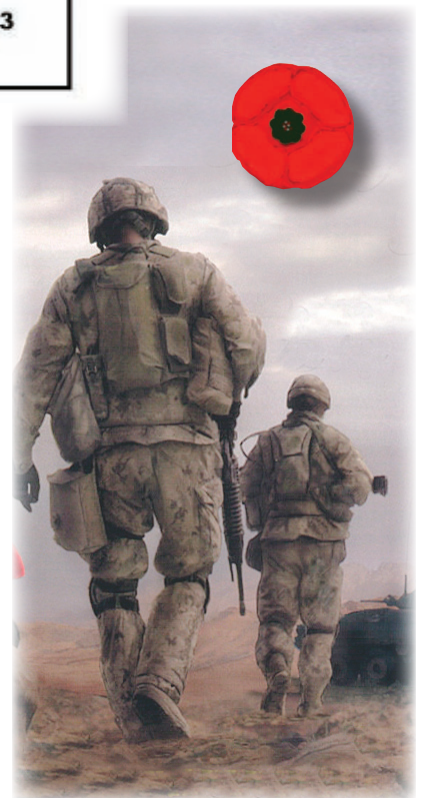
A day to reflect on the brave men & women, including our family members & yours, who served & continue to fight for our freedom, to thank our Veterans for their sacrifices and to remember...

WE MUST NEVER FORGET!

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audiology


14 Wellesley Avenue
Saint John
634-7136

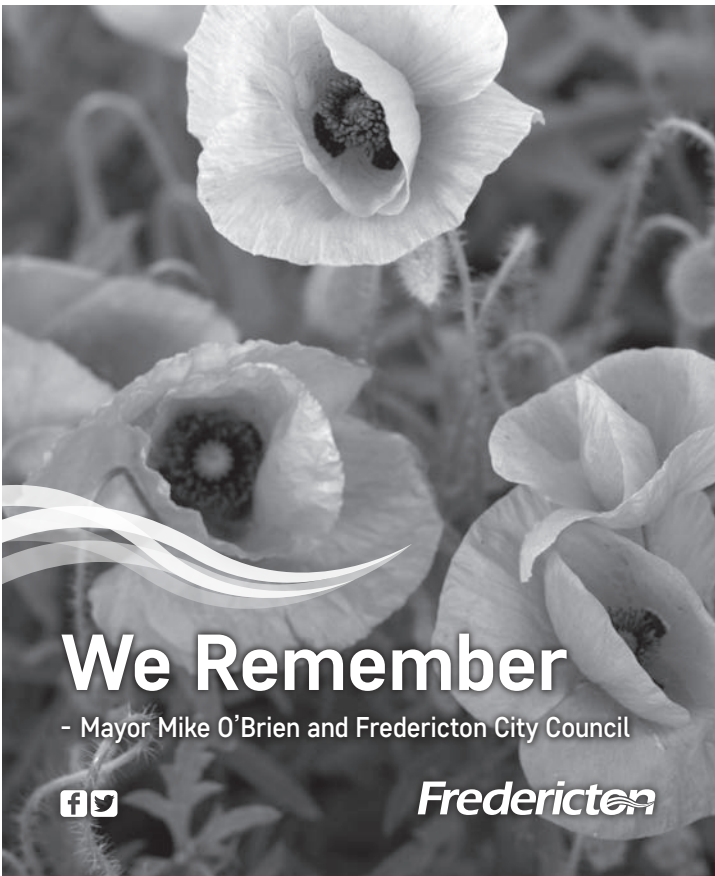
168 Rothesay Avenue
Saint John
657-6936




**On this Remembrance Day, we honour
the courage shown by veterans who
have served in times of war and peace.**

Mayor Ann Seamans





We Remember
- Mayor Mike O'Brien and Fredericton City Council

 **Fredericton**

Saluting All Veterans
"We Will Not Forget Your Courage..."

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



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Walking for Fitness...

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

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

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

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

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

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

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

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

Autumn Time...

To see the changing Beauty of the Fall, walking makes all the difference...

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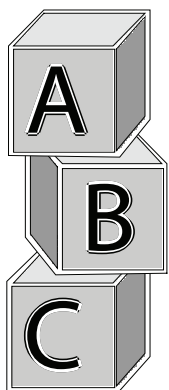
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*Remember Our Veterans
With Honour & Pride*

**Mayor Thorne
& Members of Council**

On Behalf of the Citizens of Sussex



*Wear a Poppy
and Remember
those who gave for
our Freedom...*

*“In Grateful Remembrance
of those who served so that
we may have the freedom
we enjoy today –
Thank You”*

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Phone: 832-5700

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



10 Crown St. Unit 4,
Saint John, NB E2L 2X5

(506) 634-1177




The peace and freedom we know and cherish in Canada become all the more meaningful as we consider those who do not share in our good fortune and the sacrifice thousands of Canadians made to preserve those ideals.

Sherry Wilson, MLA
Moncton South West

555 Edinburgh Dr., Unit 9,
Moncton, NB E1E 4E3
(506) 382-6567 • e-mail: sherry.wilson@gnb.ca



We Salute All Veterans... Thank You



We proudly salute all veterans.

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Wear a Poppy and REMEMBER!



Lest we forget

Remember our veterans, our peacekeepers and our fallen compatriots.

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

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

Mayor Don Darling and Saint John Common Council




Granddaughter, I Love You

22K Gold-Plated Heirloom Music Box

Plays the melody
"You Are So Beautiful"



Emily

Free
Personalization!

Actual size is appr.
4.25 in. (10.7 cm) wide x
3.25 in. (8.2 cm) tall

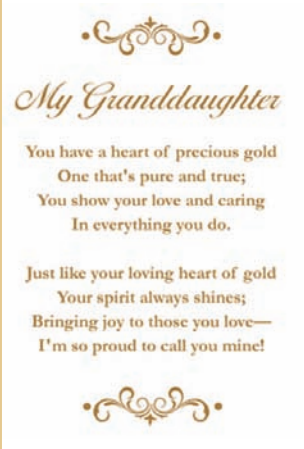
For a Granddaughter More Precious Than Gold

♥ Lavished with gleaming 22K gold and raised golden filigree

♥ Over 20 sparkling faux jewels on lustrous *Heirloom Porcelain®*

♥ Heart-shaped golden charm engraved FREE with your granddaughter's name

♥ Includes a beautiful poem card



Includes a beautiful poem card

Your granddaughter is a priceless treasure, and you wouldn't trade her for the world. Now you can show her how much she means to you with the deluxe Granddaughter, I Love You Gold-Plated Heirloom Music Box, hand-crafted in an elegant shape and lavished with 22K gold. Radiant with over 20 faux jewels and raised golden filigree, this music box bears a heartfelt sentiment from you: My Granddaughter, I Love You Today, Tomorrow, Always. Best of all, it includes your granddaughter's name personalized FREE on the golden heart-shaped charm... a symbol of her heart of gold. This exquisite music box includes a lovely poem card and plays "You Are So Beautiful."

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*We Salute All Veterans...
Thank You*

