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- See Full Ad, Page 3

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deepest, are the closest to
the heart.

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cherished, are the hardest
to impart.

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understand, the things that
go untold.

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Summer Issue 2023

Choices After 50

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A Gift for the future

We believe that everyone deserves to have access to compassionate care during their final days. That's why we're inviting you to consider leaving a lasting legacy of love by including the Hospice Legacy Foundation in your Will or estate plan. Your donation today can make a difference tomorrow. By supporting the Hospice Legacy Foundation, you can help ensure that our community continues to have access to the care and support they need during life's most difficult moments.

For more information on how you can leave a legacy of love, please call us at 506-632-5593.

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.*



Let's make financial abuse a thing of the past

Financial abuse can happen to anyone at any time.

But sadly, perpetrators tend to target those who are more vulnerable, like older adults or those with diminished capacity. People who are alone, lonely or in poor health also tend to be more at risk.

A serious financial loss can be devastating in later years and sometimes victims are unable to financially recover. But financial abuse can cause more than just money problems. It can cause a person to lose trust in others, become socially isolated and show signs of health problems such as depression and anxiety.

While it's hard to quantify the true extent of the problem here in New Brunswick, we know that financial abuse occurs more frequently than people think. Known as the invisible crime of the 21st century, it can be tough to identify and often goes unreported.

FCNB is now offering a free, on-demand e-learning course intended to help older adults and their families and caregivers learn about the factors that increase vulnerability, the signs of abuse, and the financial scams and schemes targeting older adults.

After completing the course, you can expect to have a better understanding of the following topics:

- What is financial exploitation
- How to recognize and identify signs of financial exploitation
- Financial frauds and scams targeting older New Brunswickers and their impact
- How to help prevent instances of financial exploitation from occurring
- What to do if you suspect financial exploitation
- How and where to report financial exploitation

The e-learning course is a simple tool all New Brunswickers can use to learn about the impacts of financial exploitation and help protect themselves and those they care for from becoming victims.

Don't let the risk of financial exploitation ruin your peace of mind. Take control of the situation and arm yourself with knowledge. Start learning today by visiting Finances50plus.fcnb.ca/en/learning/online-learning and make sure that you and those you love are protected.

Faisons de la maltraitance financière une chose du passé!

Personne n'est à l'abri de la maltraitance financière.

Malheureusement, les malfaiteurs ciblent souvent les personnes vulnérables, comme les personnes du troisième âge et les personnes à faculté diminuée. Celles qui sont seules, isolées ou en mauvaise santé sont aussi plus à risque.

Une perte financière grave peut être dévastatrice pour les personnes âgées qui peinent à retrouver leur stabilité financière. Et elle n'occasionne pas seulement des problèmes d'argent. La maltraitance financière peut amener la victime à perdre confiance en autrui, à s'isoler socialement et à développer des problèmes de santé, comme la dépression ou l'anxiété.

C'est vrai qu'il est difficile de mesurer l'étendue réelle du problème au Nouveau-Brunswick, mais nous savons que la maltraitance financière se produit plus souvent que l'on pense. Non seulement connue comme le crime invisible du XXI^e siècle, la maltraitance financière peut être difficile à reconnaître et est rarement signalée.

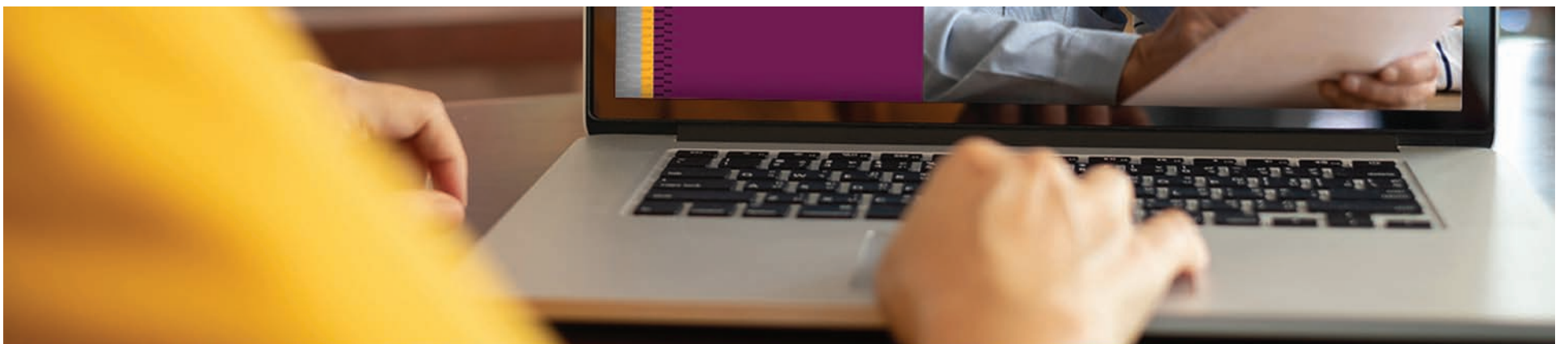
La FCNB offre désormais un cours virtuel gratuit et disponible sur demande pour aider les personnes du troisième âge, leur famille et leurs soignants à en apprendre plus sur les facteurs de vulnérabilité, les signes de maltraitance financière et les fraudes ciblant les personnes âgées.

Après avoir terminé le cours, vous serez mieux en mesure de :

- Comprendre ce qu'est l'exploitation financière
- Repérer les signes d'exploitation financière
- Comprendre les fraudes qui ciblent les personnes âgées du Nouveau-Brunswick et leurs répercussions
- Prévenir l'exploitation financière
- Agir si vous soupçonnez un cas d'exploitation financière
- Signaler l'exploitation financière

Ce cours virtuel est un simple outil que tous les gens de la province peuvent utiliser pour mieux connaître les effets de l'exploitation financière ainsi que la façon de se protéger et protéger leurs proches.

Ne laissez pas le risque d'exploitation financière troubler votre tranquillité d'esprit. Contrôlez la situation et outillez-vous avec des connaissances! Commencez votre apprentissage aujourd'hui en visitant Finances50plus.fcnb.ca/fr/apprentissage/cours-virtuels afin d'assurer votre protection et celle de vos proches.



**Don't let the risk of
financial exploitation ruin
your peace of mind.**

Learn how to protect yourself
and others with FCNB's new
free e-learning course.

Visit Finances50plus.fcnb.ca/en/learning/online-learning
to learn more.

**Ne laissez pas le risque
d'exploitation financière troubler
votre tranquillité d'esprit.**

Apprenez à vous protéger et à protéger
les autres grâce au nouveau cours
virtuel gratuit de la FCNB.

Consultez Finances50plus.fcnb.ca/fr/apprentissage/cours-virtuels
pour en savoir plus.

Enjoy Life Outside – Creating Curb Appeal...



Urban Landscaping Ltd:

by: Lorna Pond, Certified Landscape Professional

We're all spending more time at home these days, so it's a prime opportunity to give attention to our homes both inside and out. As the temperatures increase and the days get longer, we are drawn to spend more time outdoors, enjoying the fresh air and our outdoor living spaces. Perhaps these living spaces aren't quite what you dreamed they would be, or maybe there's just a few projects you'd like to complete to make your house really feel like home. Whatever the situation, now is the time to have a look around to see what needs improving or updating. Depending on your time, desire, ability or budget, some projects might be DIY whereas some might be better left to the professionals. Have a look at the following check list and see what inspires you to dig in and get your hands dirty and what inspires you to seek a professional's assistance.



1. Clean up the lawn and shrub beds. Nothing sets the tone for a good looking property than a thorough cleanup in the Spring of the year. Dethatching, aerating and fertilizing a lawn promotes good health for the coming growing season. Cleaning, edging and mulching shrub beds does wonders for curb appeal and won't break the bank.

2. Step back and have a look at the greenery surrounding your home. Determine what shrubs are starting to outgrow their space and need to be removed and what shrubs need a simple "haircut". Maybe there are some areas that are stark and need a shrub bed installed or some trees planted. Planting can be done throughout the Spring, Summer and Fall and, in most cases, so can shrub pruning so don't stress about having to accomplish it all right now!



3. Overseeding thin or bare lawn areas and repairing damaged lawns will provide the basis for a lush, green lawn during the season and will help reduce the amount of weed activity that can take place. Seeding in the Spring or early Fall will provide the best results for your efforts.



4. Check your lawn and your neighbours' lawns for signs of grub activity. This will look like areas that are tilled up as crows and skunks go in search of the grubs in the lawn. If there is activity on your

lawn or on a nearby property, call a professional to provide advice and a quote on what options are available to help protect your lawn.

5. Make a list of landscape features you'd like to update, change or improve upon such as decks, patios, fences and walkways and prioritize based on needs and wants. Then determine a budget for those items that are at the top of the list. Obtain a quote for those items you cannot (or should not) do yourself and set a schedule for projects you plan to tackle on your own. But remember, don't fret too much about timelines because no matter when these landscape features are completed, they'll be there to enjoy for many years to come.

When you put into action some of the above curb appeal items, you will rediscover how enjoyable it can be to stay home. And we all deserve a beautiful, safe haven in this challenging time.

– (See ad and contact information on page 6)



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Looking for a "Digital Issue" of CHOICES AFTER 50

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(or previous issues)

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Youth is the time for adventures of the body, but age is the time of triumphs for the mind...

A room full of pictures is a room full of memories...

Without Heros to inspire us, we are all ordinary people who do not know how far we can go...

“Advice” for the Road Ahead...

As time goes on, I wonder if experience actually makes a person smarter. This is especially true of how we navigate our health issues. When we have pain that gets worse or we can't explain, we'll see our Doctor and presumably obtain a referral for treatment or consultation, a medication or just sound advice. In this day and age though, we may have already gone to the internet to triage for ourselves and ended up self-treating or being totally confused. “Maybe this is more serious than I thought”, is a common conclusion. No matter how complex or simple your situation, you have to manage it yourself. In an emergency you hope that everyone looking after you is well trained and competent. Once you're not critical though you still have to take the medication, do the therapy and get your life back.

I see this every day in my own practice and am often taken aback by how unprepared and in need of counsel some people are. For instance, a person with Rheumatoid or even Osteo Arthritis is most often compliant, listens attentively, accepts treatment hopefully and recognizes the value and importance of their appliances or aids to daily living. On the other hand, with a Neuropathic Diabetic I want a primary care giver in the room at all times to help reinforce anything I have to get across. That's just the way it is. If they don't feel it doesn't have as much importance.

Most often though, problems such as Plantar Fasciitis or Metatarsalgia which are actually easier to deal with require a disproportionate amount of explanation. This is usually because the person is thoroughly contaminated either by Dr. Google or divergent opinions. Your pain is unique. You can't compare your symptoms or your path through them with any of your fellow sufferers. Age, fitness, pain threshold, activity level, occupation, BMI and a host of connected events make each

case different. When I am doing history and I ask a person about other pain areas, in half the cases the person will say something like: “Well, I have a pain on the inside of my right knee, but it's not connected to the problem with my left foot”. I have this insightful and pretty smart friend

who has told me: “The more I know the more I realize; I don't know anything”. I appreciate the irony but one thing for certain is that everything is connected and it's not enough just to say it. The connections need to be demonstrated. There's nothing more satisfying than helping someone with Plantar Fasciitis and solving the knee problem too.

So, listen up. If you are over 60 you should be thankful you have made it this far. Whatever your age you should honor your elders and see that they have set an example for what you may become.

You have to train to get old and that includes sleeping, eating and activity. Much of your health may be predicated on genetics but there is a case for the triumph of aerobics over DNA. As for the road ahead; beware of potholes.

– Article by Terry B. Trask, C.Ped(C.)



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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 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.

Please call 1 (506)

632-5593 for more information or visit our website at www.hospicesj.ca
Please see ad on Front Cover.



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

PERKS OF BEING OVER 50

1. Kidnappers are not very interested in you.
2. No one expects you to run—anywhere.
3. People call at 9 pm and ask, Did I wake you????
4. There is nothing left to learn the hard way.
5. Things you buy now won't wear out.
6. You get into heated arguments about pension plans.
7. You no longer think of speed limits as a challenge.
8. You can now sing along with elevator music.
9. Your investment in health insurance is finally beginning to pay off
10. Your joints are more accurate meteorologists than the national weather service.
11. Your secrets are safe with your friends because they can't remember them either.

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.

Easy Ways to Stay Cool this Summer...

The heat of summer is a welcome change from our often-cool New Brunswick spring, until it's not. That hot weather we long for in March can feel a bit much on those hot, hazy July days.

Fortunately, you don't need pricy air conditioning to keep your home cool and comfortable all summer. Here are six ways you can beat the heat at home this summer. Most are quick and easy to do, and all ensure some welcome relief.

Use fans

Fans are your low-cost air conditioner. Running your ceiling fan counter clockwise in summer creates a cooling downdraft. Although fans don't cool the room, the movement of air cools the people in the room. Standing fans have the same effect.

Open windows at night

An evening breeze is old-fashioned air conditioning. Leaving windows open at night will help freshen rooms with cooler evening air.

Use curtains or blinds

On hot summer days sun streaming through windows warms your home. Using curtains and blinds on sunny windows can help block that heat.

Use a clothesline instead of a dryer

Running your dryer warms your home. Instead, hang your wash to dry on a clothesline or place a drying rack outdoors.

Use the grill more often

Cooking outside has double the benefits. It saves energy and it also keeps the oven from warming up your home. If you don't have a grill, slow cookers, air-fryers or no-cook meals will help keep your home cool.

Insulate, air seal and weatherstrip

Insulation keeps the heat out and cooler air inside. Proper weatherstripping around doors and windows will also keep cool air in and hot air out during summer.

Putting these tips to use will help make your home more comfortable in summer and could save you a bit on your energy bill.

For more energy saving ideas and articles visit SaveEnergyNB.ca



Saving energy can be simple

And you don't have to look far to get started. There are opportunities all around your home right now- from summer cooling to washing dishes and doing laundry.

Visit SaveEnergyNB.ca to discover advice and programs to help you get started.

Économiser l'énergie peut être simple

Et vous n'avez pas besoin de chercher bien loin pour commencer. Il y a des possibilités d'économie d'énergie partout dans votre maison en ce moment même, par exemple en ce qui concerne la climatisation en été, la vaisselle et la lessive.

Visitez ÉcoÉnergieNB.ca pour obtenir des conseils et vous renseigner sur des programmes pour vous mettre sur la bonne voie.

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*First we make our habits and then
our habits make us...*

*It's hard to imagine today's children
40 years from now, on a psychoanalyst's couch trying to remember what
they had to do without...*

*Time may be a great healer, but it's a
lousy beautician...*

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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."

“Kitchen Talk...”

Kitchen Renos & Your New Home

When you start your real estate search, you may quickly find that your dream home does not include your dream kitchen. Not to worry! Help is on the way, and it is possible to have your cake and eat it too.

When meeting with your bank for your mortgage pre-approval, ask about the option of Mortgage Plus Improvements. You may have the option to borrow up to 20% of the post renovation value of your new home which can allow for all of the renovations you need to incorporate.

Once you find the home you will purchase, give a kitchen designer, like Avondale, a call to come in and take a look. You should receive detailed drawings as well as complete budgets to give to your mortgage broker for approval. Your renovations can begin as soon as you take possession of the home, and once your renovation is complete, the progress will be appraised and funds transferred to you.

If you’re worried about how to pull together colours, styles and design into the style of the home, don’t think twice about asking for advice from one of our designers.

When you stop into our extensive showroom, our showroom manger will take you step by step through the decision making process to come up with a gorgeous package that instantly increases the value of your home, and blends in with your own aesthetic.

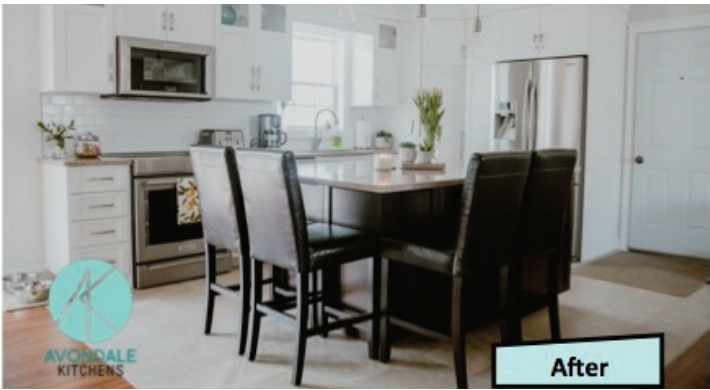
Leave the thinking to us, and focus on acclimating into your new home. What are you waiting for? Give us a call today and let us help you get the kitchen of your dreams!

– Article was written by Jim Lawrence of Avondale Kitchens. They have designers in your area every week doing professional kitchen designs and quotes. Visit: www.Avondale-Kitchens.com Call: 1-800-561-4112



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A positive attitude shouldn’t be a destination in life,
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Funerals & Estate Planning...

Benefits of Pre-Planning Your Memorial...

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.

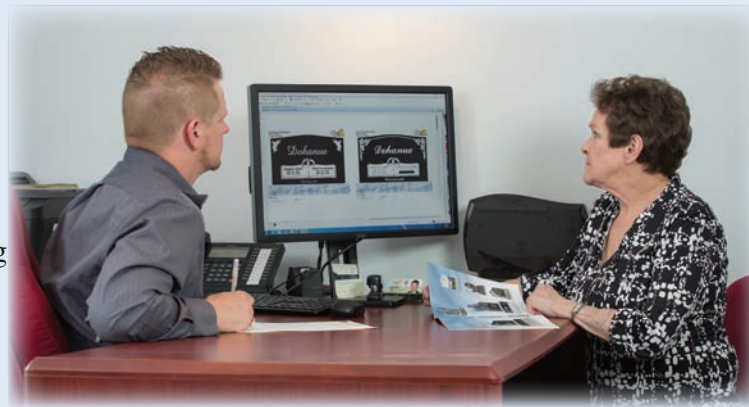
It is a major life event for you and your loved ones. And, if done properly, it can be one of the most meaningful gestures you make for those left behind. What better way to give the gift of love and to give you peace of mind at the same time.

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!

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.



Will They Know?

A funeral should be just what you want it to be; a thoughtful memorial; a reflection of faith; celebration of a good life; a time of comfort and support for your family; a simple acknowledgement of loss and change.... or perhaps a little of each. A preplanned funeral means knowing that, when the time comes, they will know just what you wanted it to be.



David Humphreys
Owner / Funeral Director
humphreysfh@humphreysfh.com



Andre LeClair
Funeral Director
humphreysfh@humphreysfh.com

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Have I Thought of Everything – Important Planning Issues...

Have you pre-planned your funeral?

– Did you make arrangements for your burial?

Have you reviewed your Family burial lot?

– Is there defined space for each person?

Who has the say-so for the lot?

– Is your contract information current?

What arrangements can you make now?

– What can you pay for in advance?

Benefits of Pre-Paying Opening/Closing Costs?

– Lock in price at current rate.

Does the Funeral Home have to be involved?

What about a Family Grave Side Service?

Purchasing Lots

Choices – Traditional vs Cremation? – How many burials per lot?
– Columbarium vs Cremation Space? – Is financing available?

Monuments – Do you have a monument? – Can I pre-pay my final date?

Cedar Hill-Greenwood Cemetery

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A Family Caregiver Asks:



Senior Watch:

by: Sharon A. O'Brien, RN, PG; BSW, 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...

IT'S TRUE:

A man who makes no mistakes, usually makes nothing at all...

The darkest hour is still only 60 minutes long...

People never say "it's only a game," when they're winning...

Information for the 50-Plus Generation

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*Think positive, the less you have means the
more there is to get...*

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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 work-out 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. 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 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.



Dr. Paul Oh



Calcium: Important in our diet...

Osteoporosis is a disease characterized by loss of bone mass, deterioration of bone structure and increased risk of fracture. It is often known as "the silent thief" because if not prevented or if left untreated, bone loss can occur and progress without symptoms.

"Prevention of osteoporosis throughout a lifetime is essential" says women's health expert Dr. Cathy Carlson-Rink ND. "A lot of emphasis has been put on getting more calcium-rich foods in our diet. However, more calcium is not the total answer," explains Dr. Carlson-Rink.

Calcium is so important in our daily diet, that a lack of it can lead to height loss, weakened bones, brittle or spotted fingernails, high blood pressure, heart disease, severe menstrual cramps, PMS, and many other health problems.

But calcium is one of our most CONFUSING supplements because there are so many sources of calcium. Some popular forms of calcium are only 4% absorbable by the body!

Should we eat more milk and cheese? Use Tums tablets? Should calcium supplements be derived from ground-up oyster shell, coral reefs, vegetables or bone meal? How much calcium do we need each day to keep our bones and teeth strong and healthy?

Dr. Carlson-Rink says that some foods that are high in calcium, such as cow's milk, are also low in magnesium (8 parts to 1) which creates a magnesium deficiency and may contribute to the development of weaker bones. The latest studies are revealing that balanced amounts

of dietary calcium and magnesium result in a better accumulation and maintenance of bone density when compared to a diet emphasizing calcium alone. Diets high in magnesium, potassium, fruits, and vegetables, with adequate protein and limited amounts of junk foods show a better accumulation and maintenance of bone density.

Examples of bone healthy food choices:

CALCIUM SOURCES: Turnip Greens, Cheese, Bok Choy, Salmon, Kale, Tofu, Yogurt and Sardines

CALCIUM AND MAGNESIUM: Soy Beans, Almonds, Sesame seeds, Okra, Hazelnuts, Broccoli, Lima, Dates, Beans, Chickpeas, Figs, Artichoke and Molasses

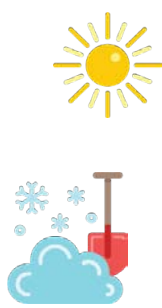
MAGNESIUM SOURCES: Quinoa, Black Beans, Brown Rice, Cashews, Whole Wheat, Bananas, Sunflower Seeds, Pumpkin Seeds and Oats & Oat Bran. Herbs are also a food source that contains many nutrients. Alfalfa, chamomile, fennel seed, horsetail, nettle, oatstraw and red raspberry, to name a few, are great sources of natural calcium and many other minerals beneficial to bone health. "Not only is it important to have a balanced diet and lifestyle, but a good supplement as well. Nutrition, exercise and a quality supplement all work hand in hand to build strong bones throughout a lifetime. The supplement I recommend most to my patients is Floradix Calcium Magnesium" says Dr. Carlson-Rink

Dr. Cathy Carlson-Rink is a Naturopathic Physician and Registered Midwife. Floradix supplements can be found in health food stores nationwide or visit www.florahealth.com.

Readers wanting more information on bone health may visit www.bonehealth101.com

Preventing Vision-Related Falls in Seniors

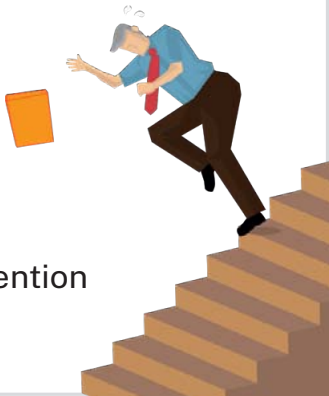
As we age, so do our eyes. Aging eyes can mean decreased sharpness in our vision, an inability to distinguish between shades, problems with glare, slower adaptation to darkness and reductions in how much of our surroundings can be seen at one time. Any one of these changes increases the risk of a fall and it's the first consideration in falls prevention.



Considering age-related eye disease

AGE-RELATED MACULAR DEGENERATION (AMD), CATARACTS, GLAUCOMA AND DIABETIC RETINOPATHY¹ are the major causes of vision impairment that result in falls. These eye diseases increase the risk because they can affect the following:

Balance ● Motor perception ● Reaction time ● Visual attention



Seniors with low vision are 2.5 times more likely to fall than those without it.²

Compounding the issue, vision loss is linked to decreased physical activity, which leads to a risk for falls³ and an increased fear of falls, which in turn increases seniors' risk of social isolation.⁴



Between 20-30% of seniors fall each year.⁵

Falls remain the leading cause of injury-related hospitalizations among Canadian seniors.

- Approximately 30% of individuals aged 65 and older fall every year⁶
- Among those aged 80 and over, the risk of falls increases to 45%.⁷



Focus on Prevention: What can you do?

See your optometrist annually for a comprehensive eye exam.⁸



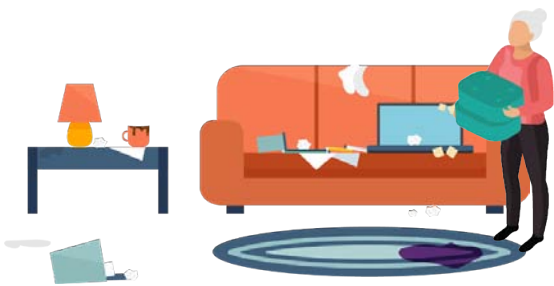
Wear your glasses when you need them and update your prescriptions.

Ask your optometrist for information about low vision rehabilitation exercises and/or services.

Wear sunglasses to reduce glare.

Install good lighting inside and outside your home.

Decrease clutter in your home to reduce the risk of not seeing items in your path.



References: https://opto.ca/sites/default/files/resources/documents/vision_and_falls_footnotes.pdf



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