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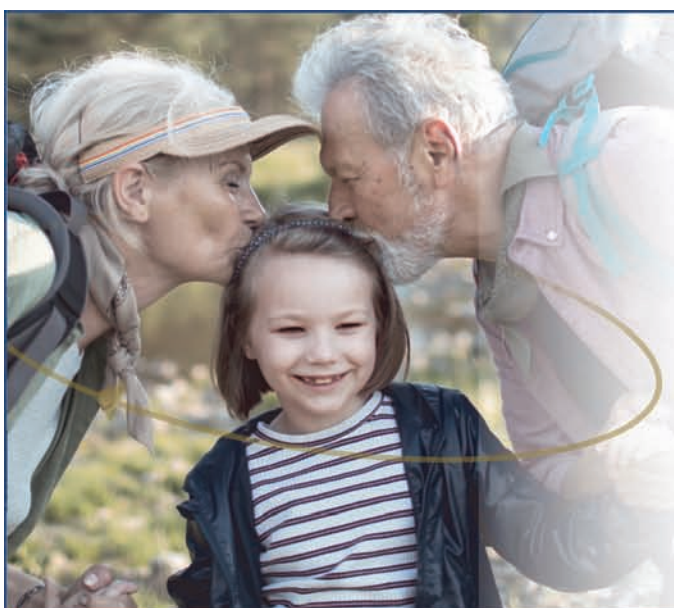
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Would You Like to Improve Your Wellness...

A Fitbit device will be provided so we can monitor various health metrics and an app or webpage will be used to complete questionnaires about your health and wellness.



Canadian Health Solutions has developed a new and innovative program with the aim of increasing overall wellness for New Brunswickers aged 55 and over beginning in the Greater Saint John Area by integrating science, technology, and community resources.

Wellness 55™

- Connects citizens with wellness resources in their community
- Creates opportunities to increase socialization, and
- Provides information to empower you to take charge of your wellness

Our plan is to use digital tools to help you better understand your wellness. A Fitbit device will be provided at no cost so that we can monitor various health metrics and an app or webpage will be used to complete questionnaires about your health and wellness. We will then assist you in developing goals for areas that could be improved.

Once you have set some goals, we will provide you with self-guided learning modules to follow while you chart your improvement. You can also attend coaching sessions with our team to enhance the program experience and help guide you along your journey! Other opportunities will include group informational sessions and activities at local community hubs.

We recognize that wellness is multifaceted and view it in a holistic way – incorporating aspects of the mind, body, and spirit. We believe that by improving one area of wellness, all other areas will be positively impacted thereby improving overall wellness for each individual.

This program is part of a research study that is funded by the Healthy Seniors Pilot Project through the Government of New Brunswick and the Public Health Agency of Canada.

By participating in Wellness 55™, you are an active partner in health research which has the potential to lead to improved health outcomes and enhanced access to resources.

For more information please visit CHSWellness55.ca or contact us to find out if you're eligible by phone at (506) 738-4712 or by email at Wellness55@canhs.ca

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is seeking participants for health research in the Greater Saint John area

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Contact us!

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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)

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Please see ad on Front Cover.



“Walking for Fitness” – The Tools of Foot Comfort...

Many people who come to us do so because they 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 – More stable shoes with soles that are proper for the surfaces you walk on. Warm up stretching geared to make you more aware of where your deficiencies in balance are. 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 will do you a world of good.

*One problem about getting old
is that it happens to us when we
are so young...*

*We are changed by what we do,
not what we read about
or think about, but what we
actually do...*

*There is an old saying that those
who bring sunshine into the
lives of others, cannot keep it
from them selves...*

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Managing Changes; “Do We Resist or Do We Flow...”



Senior Watch:

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

You are absolutely right, things are just not what they used to be.

There are changes all around us and within us, as we grow older. Energy wasted trying to hold on and keep things the same only leaves us exhausted, bitter and too tired to enjoy life.

Let's start with our attitude towards change. Many changes have both good and bad points.

Will we choose to see the positive or to resist change for the sake of resisting change? Every change is not the “end of the world”, but we can choose to make it seem that way!

The first thing we need to do when change happens is to let go of the old way. This can be painful. Remember when automatic washers and dryers came along? Wasn't it a lot more fun lugging water and running the clothes through the wringer and then standing in the cold wind and hanging them on the line?

Somehow, I sense few of us would want to go back to that way of washing now even though we may have been a bit hesitant at the time. I have never seen one of those old wringer washers bronzed and put on display in a living room!

Why do we resist change? Sometimes it is fear of the unknown. We feel a new ache or pain and we wonder what is happening to us.

Aging does play some tricks on us. We may realize our response time is a bit slower than it used to be and we start feeling incompetent driving.

We wonder if retirement will mean the end of the status we have built in the community. There are many reasons why we resist, but we can counter many of them. There is always going to be change and life will be much better if we take an active role in meeting it!

We need to keep an open mind - open to new ideas (not that we have to embrace every new idea as our own) and gather all the information available. Being knowledgeable helps us understand what is happening. A good sense of humour will help us manage the tough times.

This does not mean that we deny our sense of loss or our confusion, but it could help us get over the bumps along the way.

We need to ask appropriate questions about the impending change and its affect on us personally. Is it really going to matter a year from now?

Information for the 50-Plus Generation

Choices After 50

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Carol Maier - Editor

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Remembering our Veterans



War movies have a way of making things look exciting. Made so that a soldier, without too much effort, wins the day by saving injured men or a town from destruction, often both. If only past World Wars were like the movies, but we know that true war is brutal, and many of the stories buried with the heroes that were there day after day, fighting in horrific conditions are best left untold. Families back home could 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 2023” is our way of saying: “Thank You... We Will Remember All Your Sacrifices.”

Looking back – Remenbering: 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.



Discover the Most Efficient way to keep your Home Cozy Year Round...

There's a reason why you're noticing more heat pumps appearing in neighbourhoods these days. That's because they're a great way to keep your home comfortable, while helping you to save energy.

Read on to learn more about heat pumps and discover some of the many benefits for your home.

Types of heat pumps – Most heat pumps installed in New Brunswick are air source which means they transfer heat from the outside air into your home. There are two main types of air-source heat pumps, ducted systems and ductless or “mini-split” systems.

Ductless mini-split systems are generally less expensive than ducted systems and are currently the most popular choice of homeowners in New Brunswick because most homes do not have existing air ducting systems.

Energy and Environmental savings – Heat pumps are up to 300% more efficient than electric baseboard heaters! This means they create more warmth using less electricity than electric baseboards or oil furnaces. And over time, that can translate into big savings, making heat pumps a smart financial investment.

With their impressive efficiency, heat pumps are also kinder to the planet compared to traditional home heating options. Because even on cold days, they can still find heat from outside, that they pull into your home, which means the electric elements in the unit don't have to turn on.

Year-round versatility – Heat pumps aren't just for winter. They double as air conditioners during the summer and dehumidify your home, making it comfortable and energy-efficient throughout the year.

Plus, they can be adapted to various home types, from cozy apartments to sprawling single-family houses, and can even be retrofitted into older homes with ease.

Appealing rebates – Heat pumps are more affordable than ever thanks to energy efficiency rebates available through SaveEnergyNB's programs, which are proudly delivered by NB Power. These can be stacked with additional rebates available through the Government of Canada to help offset the initial purchase and installation costs.

And, if you're a homeowner and have a combined total household income of

\$70,000 or less, our Enhanced Energy Savings Program provides energy-saving upgrades like insulation, air-sealing and even heat pumps at no cost to homeowners.

Are you thinking about installing a heat pump in your home? Visit SaveEnergyNB.ca/home to learn more about our program options that can help you get started.



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Health News from the Net

Citrus Peels Lower Bad Cholesterol – When it comes to lowering cholesterol, we may be throwing away the best part of citrus fruits, new research suggests. The study found that certain compounds in the peels of tangerines and oranges significantly lowered “bad” LDL cholesterol in hamsters that had been living on a high-cholesterol diet.

The compounds, known as polymethoxylated flavours (PMF's) are antioxidants that belong to a group of plant chemicals called flavonoids. Flavonoids exist in a variety of fruits and vegetables, as well as tea and red wine.

Research suggests the compounds help guard against heart disease and cancer, and two other citrus flavonoids – hesperetin from oranges and naringenin from grapefruit – have shown early promise in lowering cholesterol.



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. Bruce Fitch
Minister of Health
MLA for Riverview
506 869-6117 e-mail: bruce.fitch@gnb.ca

On Nov. 11th, wear a poppy, Remember...



*We Salute
All
Veterans...
Thank You*

In Memory of Those Who Served



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

Fall is here, and leaves begin to fall. Raking leaves can be one of the more pleasurable chores of the season if you know how to use a rake without straining your back. To ensure a pain-free and enjoyable season, the Canadian Physiotherapy Association recommends using the following tips when the annual raking of leaves begins:

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

Raking Leaves – Use a rake with a bent or side handle, or build up the handle with plastic tubing. This will help keep your wrist in a neutral position and decrease the

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

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

Bagging Leaves – When bagging leaves, remember to use good body mechanics. Kneeling down onto one knee can be helpful in reducing stress on the lower back. The best way to lift a heavy bag of leaves is

to do a pelvic tilt, pulling the tummy in and tightening the buttocks with your knees slightly bent. Then squat, keeping the back straight, and letting your legs, not your back do the work when you lift.

Keep the bag very close to your body when lifting or carrying to reduce the load through your spine.

Keep your back straight as you lift the bag; Keep the leaf piles small so you don't strain your back picking them up, and don't

overstuff the bags, especially wet ones, so that they're easy to carry comfortably.

Final thoughts – Spread the work out and if the job is too challenging, enlist help from family or even neighbourhood teenagers; If you do experience some pain that lasts more than a few days, consult a physiotherapist.

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

Beating Back the Hands of Time...

The popular notion that 50 is the new 40, and 40 is the new 30, has been reaffirmed by Canada's baby boomers in a recent national survey. In fact, 61 per cent of baby boomers say that they feel about 10 years younger than their true age.

In the survey commissioned by the Centrum News Bureau, when asked what they do to feel younger, 76 per cent cited regular exercise, 71 per cent say they watch what they eat and 40 per cent say they take a multiple vitamin or mineral supplement on a regular basis. Most baby boomers surveyed don't rely on plastic surgery, liposuction or wrinkle creams, for example, but rather believe they are taking control of the way they age by following a simpler regimen.

“This famous generation is more informed in many ways than their parents, and this gives them a sense of control and empowers them. They pride themselves on doing things their own way, and now in doing so, they are trying to rewrite the book on aging,” says Dr. Miroslava Lhotsky, family physician, co-author of *The Healthy Boomer*, and co-founder and director of the Toronto Midlife Health Institute. “This is particularly true when it comes to their approach to healthy living. They are striving to stay fit by exercising and eating well, in order to stay young. They want to be involved in all aspects of their health.”

While many claim to feel younger than their years, the survey also reveals that many baby boomers are very concerned about maintaining their good health in the years to come, in order to reduce the risk of developing chronic disease.

For both men and women surveyed, the greatest health concern is cancer (60 per cent), followed by heart disease (50 per cent). Other concerns include Alzheimer's disease (28 per cent), arthritis (26 per cent) and diabetes (24 per cent). When it comes to osteoporosis, though, women are three times more likely to be concerned than men (21 per cent versus 7 per cent, respectively).

“It's good news that boomers are paying attention to the future because the reality is, over the next decade, the first round of Canada's ten million baby boomers will reach the age of 65. Even by age 50, health risks

associated with aging become more apparent, regardless of how young you feel or how active you are,” says Dr. Lhotsky.

Nearly 80 per cent of baby boomers believe that they have some or even a lot of control in reducing their risk of chronic disease. Andrea Miller, registered dietitian at Sunnybrook and Women's College Health Sciences Centre, agrees that boomers have a strong hand in ensuring good health in the long term.

“Diet can have a significant impact in offsetting, to some degree, the rising health risks that aging brings,” says Miller. “But even if we make healthier food choices, as we age, our bodies don't absorb certain vitamins and minerals as well from diet alone. A daily multivitamin supplement can provide the necessary nutritional insurance to fill in the nutrient gaps of a less than optimal diet.”

The Role of Supplementation

Boomers, in particular, are at risk of some vitamin and mineral deficiencies, Dr. Lhotsky adds. The absorption of vitamin B12, for example, decreases after the age of 50. Strong scientific evidence suggests that the daily use of a multivitamin can help address these shortcomings. A Swedish study in the *Journal of Nutrition*, for example, showed that the use of a multivitamin supplement was associated with reduced homocysteine levels and therefore a lower risk of heart disease. Further studies show that multivitamin supplementation can help reduce the risk of age-related macular degeneration, cancer and osteoporosis.

Boomers, particularly women, are also at an increased risk of osteoporotic fractures because of vitamin D and calcium deficiencies. According to the most recent (2002) Clinical Practice Guidelines, those over the age of 50 should be consuming 1,500 mg of calcium and 800 IU of vitamin D daily.

When choosing a supplement to address vitamin and mineral deficiencies, Miller recommends that baby boomers look for a multivitamin that is formulated specifically for those aged 50 plus. Many healthcare professionals also recommend taking a calcium supplement with increased vitamin D, such as Caltrate Select™ specifically formulated for older adults with 400 IU of vitamin D.

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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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*Wear a
Poppy and
REMEMBER!*



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.

Hon. Sherry Wilson, MLA
Moncton Southwest
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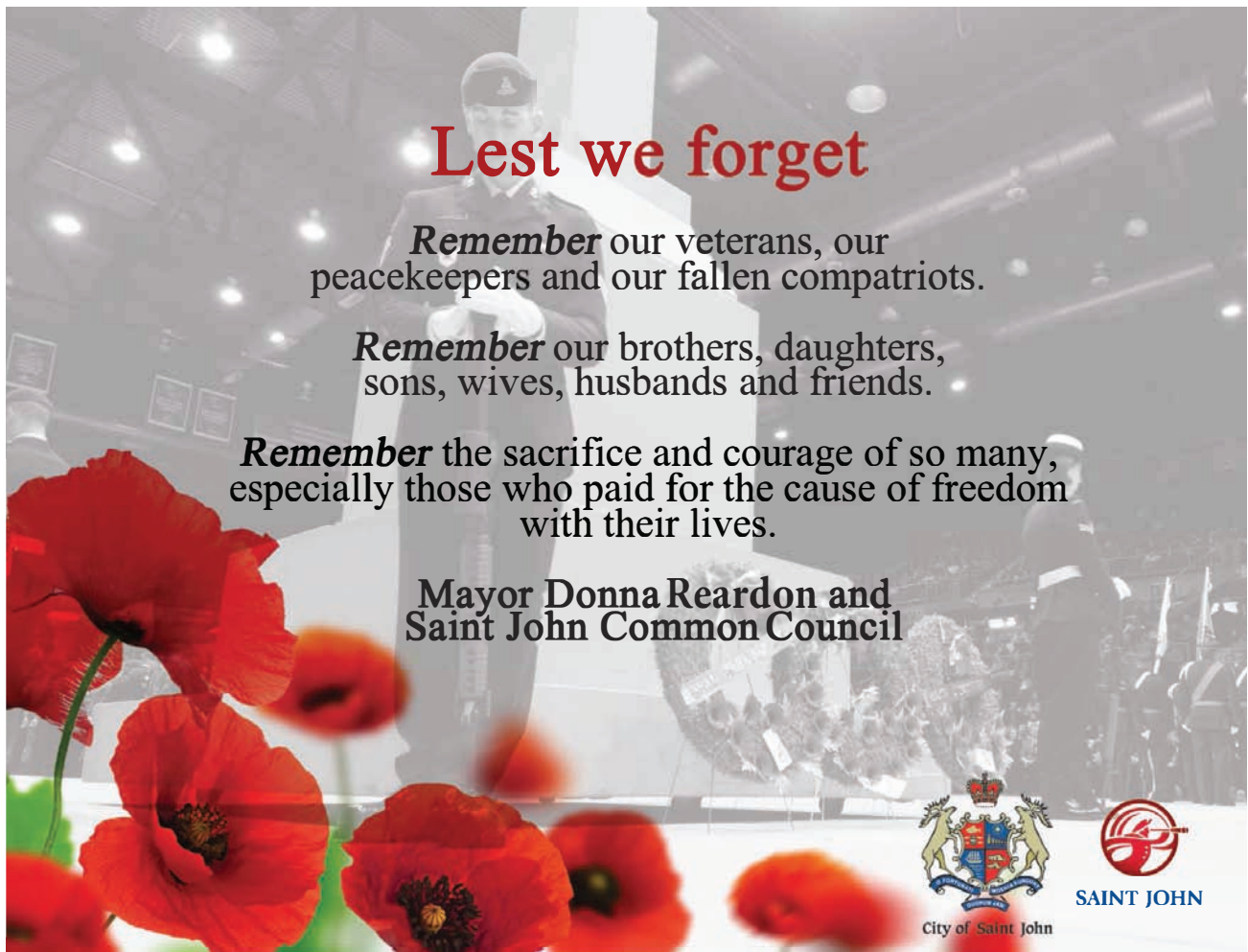


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Lest we forget

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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 Donna Reardon and
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Rhiannon Lynn
"Lady Bug"
Sept. 21, 1997 - Oct. 11, 2017

Pets are family members too!

Cedar Hill-Greenwood Cemetery recognizes this and is responding to the many requests for pets to be buried with their owners.

To that end, we have prepared a dedicated area in Greenwood Cemetery.

People have the choice of a Traditional or Cremation Burial with an upright monument. Pet ashes may be buried when you are ready, they can be added to the Family Monument or have their own Marker.

FLUFFY
Feb. 1, 2002
Aug. 18, 2021
Sometimes the smallest things take up the most room in your heart

MAX
2010 - 2020

Jake
2008 - 2021

Cedar Hill-Greenwood Cemetery
1650 Manawagonish Rd.
Saint John, NB E2M 3Y3
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"Kitchen Talk..."

Vintage Avondale Kitchen gets Makeover!

Welcome to the home of Brandon and Jessica Kelly, Woodstock NB.

When the Kelly family purchased their new home, it came ready with a vintage Avondale Kitchen, approximately twenty-five years old. At that time, open concept living was a fairly new idea, and most homeowners were looking for separation between rooms.

In recent years, the popularity of open concept living has been on the rise. An easy way to make a space feel larger, is to remove walls and combine multiple rooms to create a flex space. Not only does it feel larger, but many young families enjoy the connectivity of the space; one family member can be working in the kitchen, while keeping an eye on the little ones in the living room, and feeling included in the happenings of the household.

Although the vintage Avondale cabinets no longer served for maximum efficiency for the new homeowner, they were easily removed and passed on to another happy family looking for a "new to them" set of quality cabinets.

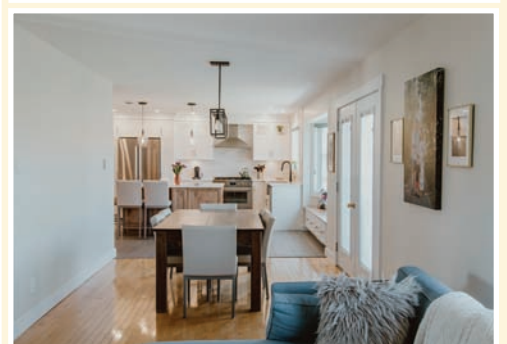
Renovation portion by Simply Renovated Custom cabinetry designed, built and installed by Avondale Kitchens.

Avondale Kitchen



– Before photo

3 After photos –





Remembrance Day is a time for reflection. We will never forget the brave people who fought for freedom and left a legacy that inspires pride in all Canadians. Thank you for your service.

Le jour du Souvenir est un moment de réflexion. Nous n'oublierons jamais les personnes courageuses qui ont combattu pour la liberté et qui ont laissé un héritage qui inspire la fierté à tous les Canadiens. Nous vous remercions de votre service.

Andrew J. LeBlanc, Mayor/Maire



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




Hon. Hugh (Ted) Flemming Q.C.
MLA for Rothesay
506-848-5440 hugh.flemming@gnb.ca




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.



Jeff Carr
MLA for New Maryland-Sunbury
506 368-2938 jeff.carr@gnb.ca



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



Glen Savoie
MLA for Saint John East
506 658-6333 glen.savoie@gnb.ca



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wayne.long@parl.gc.ca



Lest we forget. / Nous n'oublierons jamais.



The Hon./L'hon. GINETTE PETITPAS TAYLOR, P.C., M.P./c.p., députée
MONCTON-RIVERVIEW-DIEPPE



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Retirement & Family Matters

Hoping to spend your sixties on the ski hills or golf course? Or relaxing at home with family and friends?

While your retirement dreams can certainly become a reality, there's one thing you may not have considered: you may be spending your golden years caring for your parents, children or both.

The work may not stop when you stop working. The challenges associated with caring for family, whether it's parents and/or children, don't appear to diminish with age finds the recent TD Waterhouse Canadians and Retirement Report.

Forty-one per cent of retired Canadians aged 55-70 still have at least one living parent, and 30% find it challenging to balance the needs of their own families with that of their parents or in-laws. Twenty-two per cent are financially supporting their children while 14% are supporting their parents, either financially (7%), or their parents are living with them (7%). "Caring for family can be a major constraint on both your time and finances. It's important to plan ahead and consider different contingencies, including caregiving or financial support for parents and children," says Reg Swamy, Private Trust, TD Waterhouse.

Planning now for your family's future

The majority (77%) of retired Canadians plan on leaving an inheritance for their children, family members or others after they're gone. To ensure your legacy come true, a comprehensive estate plan should be considered, as well as an official, updated will.

"Estate planning often involves more than most people consider. All assets, income and liabilities of the estate must be taken into account, including how you would like your assets to be distributed, and the tax implications of your estate. If you want to leave assets for your grandchildren, you may need to set up a trust."

Ways to simplify the complex

You may be planning to spend your retirement travelling, or at home, but when you add in the complexities of managing both your parents' finances and your own, it can become overwhelming.

"Working with a professional can help alleviate some of the stress and take some tasks off your plate. A professional can take responsibility for managing investments, paying bills, planning and preparing tax returns, and providing advice on complex issues such as tax and estate planning. This can help make managing finances more convenient, and increase your peace of mind."

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If you really look like your passport photo, you're probably not well enough to travel...

The longer you carry a grudge, the heavier it becomes...

You can't turn back a clock, but you can wind it up again...

What Difference Can a Grandmother Make...

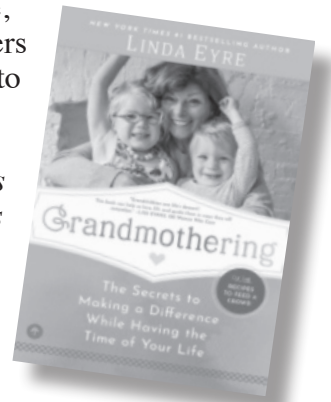
Many people can influence the decisions and lives of children, but what role do grandmothers play in helping them succeed in life?

New York Times #1 bestselling parenting author Linda Eyre answers this question in her new book "Grandmothering: The Secret to Making a Difference While Having the Time of Your Life". When Linda became a grandmother, she realized that her relationship with her grandchildren was just as important as her relationship with her own children. With twenty-six grandchildren, Linda has become an expert in grandmothering topics like:

- **Getting and Staying Connected with Your Grandchildren**
- **Using Money for Your Grandchildren Wisely**
- **Is It Your Job to Teach Values?**
(Integrity, Honesty, Courage)

As she shares her insights, tested advice, and stories from a panel of grandmothers, readers will be able to view their role as grandmothers to be both essential and wonderful!

About the Author: – Richard and Linda Eyre are New York Times #1 bestselling authors whose writing career has spanned four decades and whose books have sold in the millions. They have appeared on virtually all major national talk shows including Oprah and Today, and have seen their books translated into a dozen languages.



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A grayscale image of several poppy flowers, which are the symbol of Remembrance Day.

We Remember

- Mayor Kate Rogers and Fredericton City Council

Fredericton

The logo for Sussex, New Brunswick, featuring a stylized house and the text "Sussex NEW BRUNSWICK" and "Gateway to the Fundy Experience".

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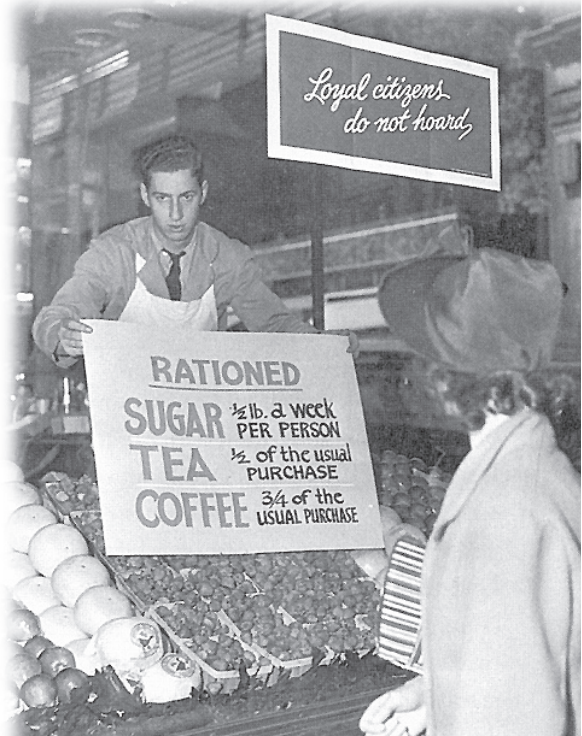
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When thinking about your final resting place, please consider Fernhill.

Please visit us at: www.fernhillcemetery.ca
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Fernhill
CEMETERY



Funeral & 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

20 Marks Street, St. Stephen - (506) 466-3110



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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

1650 Manawagonish Rd., Saint John, NB E2M 3Y3

Phone: 506-672-4309

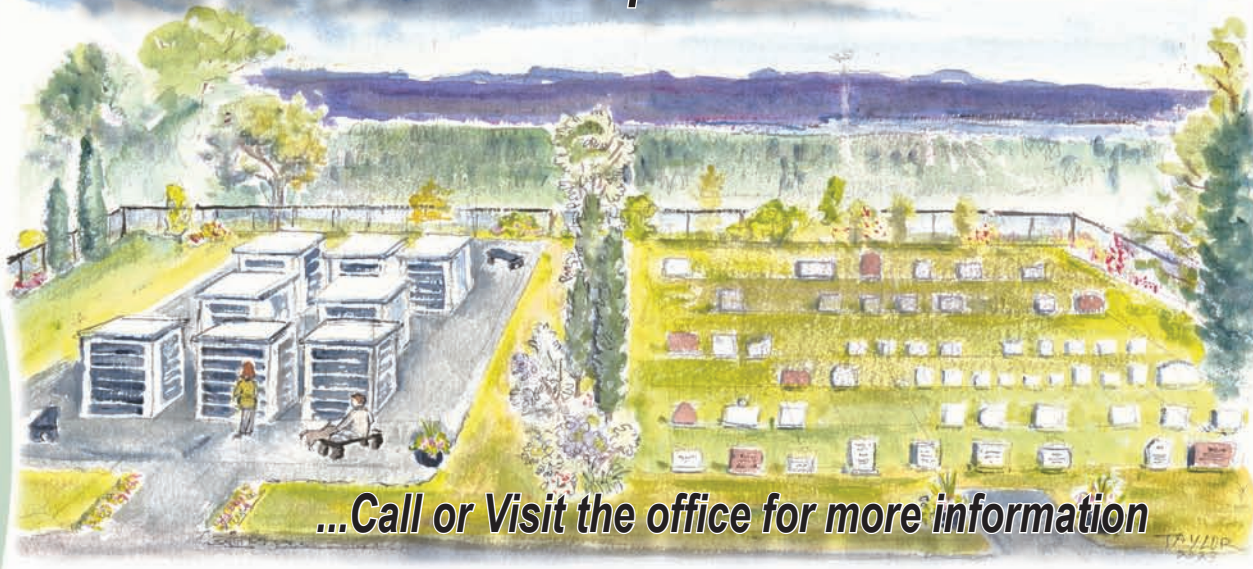
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Cedar Hill Extension – Expansion...



...Call or Visit the office for more information

The View

Cedar Hill
Extension
Cemetery

Expansion

The Lasting Legacy of Canadian War Amputee Veterans

Amid the wars, countless Canadian soldiers and nurses displayed extraordinary bravery and unwavering dedication, putting their lives on the line for our country. Many of these individuals returned home bearing the profound physical and emotional scars of war, having lost limbs in the line of duty.

Their experiences as amputees not only shaped their own lives but, as members of The War Amps of Canada, they left a lasting legacy on generations of amputees to come.

During the First World War, Madeleine Jaffray (1889-1972), served as a nurse in a hospital near Bordeaux, France. The hospital was bombed by German aviators, and she was wounded in the foot by a piece of shrapnel from one of the bombs. Her injury led to an amputation, making her Canada’s only female war amputee of the First World War.

Mike Krulicki (1925-2020), was just a teenager when he volunteered for service in the Second World War. He enlisted with the Irish Regiment of Canada, and in 1944, while fighting in the Italian Campaign, he stepped on a landmine and lost his right leg below the knee.

Arthur Johnson (1929-2006) served with the Canadian Army Special Force as a mortar man with the Royal Canadian Regiment in the fight for the freedom of South Korea. In August 1952, in the midst of intense enemy shelling, a mortar landed close by, wounding him and resulting in the loss of his right leg and damage to his right arm.

These honorable individuals contributed their time to various activities of The War Amps and shared their experiences as amputees with others, including modern-day veterans and children. On Remembrance Day espe-

cially, but also throughout the year, the Association pays tribute to the sacrifice and service of all those who served and continue to serve.



Photos: Madeleine Jaffray (First World War), Mike Krulicki (Second World War), and Arthur Johnson (Korean War)



Leave a lasting gift

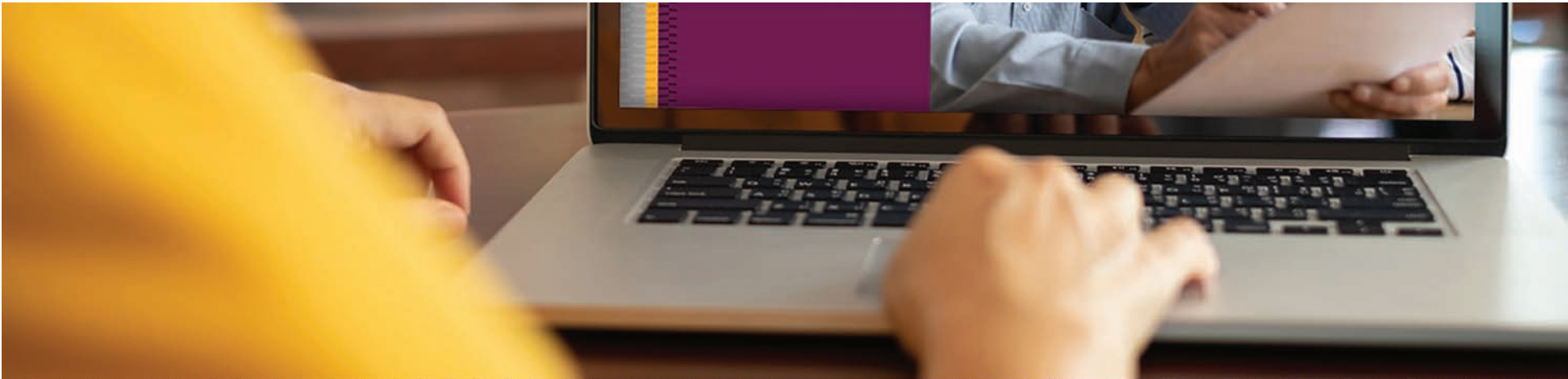
with a charitable estate donation in your will. Your support allows our essential programs for all amputees, including veterans and children, to carry on long into the future.



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