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We believe in celebrating life, even in its final chapters. Our dedicated team of caregivers strives to create moments of joy and peace, supporting families every step of the way. At the heart of Bobby's Hospice lies a deep-rooted belief in the power of compassion and the importance of dignified care. It is our privilege to serve our community during life's most delicate moments, offering a haven where comfort, compassion, and excellent care prevail.

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Liven up Winter with Indoor Plants...

Beat the winter ‘blahs’ with indoor plants and flowers, sure to bring an added touch of life and colour to your home this holiday season. As most of us know, the colder months can quickly turn from winter wonderland, to dreary and grey. Adding some indoor plants and flowers to your home is a great way to put a little spring back in your step. Research from indicates that the presence of flowers triggers happy emotions, heightens feelings and affects social behavior in a positive manner – making them a great addition to any home or office.

“Adding a little greenery or some colourful flowers to your home really brings in a feeling of warmth and life” says Dejan Kristan. “Especially during the winter months when all we see are bare trees and snow, indoor plants can really go a long way.” Dejan offers the following suggestions to anyone looking for indoor plant species ideas:

Poinsettias (Potted)

Light: Place in a bright area, but keep out of direct sunlight.

Moisture: Water the plant whenever the surface feels dry to the touch. Water until it drains out the bottom, but don’t let the plant sit in water.

Characteristics: Poinsettias are known as the typical Christmas plant, and are often just considered red. But the plants also come in white and pink and a wide diversity of forms. When people refer to the poinsettia’s “flowers” what they actually mean are the petal-like leaves known as “bracts.”

Christmas Cactus (Potted)

Light: Indirect natural light during the day, darkness at night.

Moisture: Water the plant thoroughly, and then allow the top inch of soil to dry before watering again. Water less when you want the plant to start flowering. **Characteristics:** Christmas Cactus produce beautiful flowers during the winter months. They are epiphytic cacti with tubular flowers and reflexed petals produced singly or in pairs at the end of protruding stems. The flowers come in a wide range of colours, but the most common are orange, red, white and pink.

Cut Flower Bouquet (mixed)

Don’t forget that grown cut flower bouquets are available anytime with many local cut flowers available year-round. Cut flower bouquets can include wonderful fresh flowers such as Tulips, Daisies, Cut Chrysanthemums, Snapdragons, Roses and Alstroemeria. They add amazing life and color to brighten up any room, no matter the time of year. It is important to change the water in the vase the flowers sit in every two days to maximize the life and vibrancy of the flowers.

Amaryllis (Potted)

Light: Bright light. **Moisture:** When first planted, water lightly. Once the flowering stem emerges, increase the amount of water though don’t let the pot sit in it’s own water. **Characteristics:** Potted Amaryllis is grown from a large bulb and produces a cluster of 3 – 8 trumpet-shaped flowers which can grow about 3 inches long. The fragrant, six-petaled blossoms are typically red, but there are variations that can also be pink, white and a striped. Seasonally Amaryllis are often available around November/December and a great option if you are looking for something different from your typical Poinsettia.

Spring Bedding Plants:

Winter doesn’t last forever so this time of the year is a great time to start thinking about getting the most out of your garden. Ontario greenhouses produce a wide diversity of annual bedding plants. Plants such as Begonias, Geraniums, Petunias, Mandevilla Vines, Marigolds and Zinnias all add colour and beauty to any garden and are grown close to home. If space is limited, think about hanging baskets that often have multiple plants in one container. Because there are hundreds of different bedding plants it’s important to find the right locations for light exposure and available moisture.



“You lick her hand, and I’ll rub against her legs... that should bring the treats out.”

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

Be Honest with Yourself – Are You a Safe Driver?...

Driving is a privilege not a right. If you are experiencing difficulties with coordination, vision, flexibility, or reflexes you probably should consider what impact each may have on your ability to drive in a safe and responsible manner.

Some of the warning signs you may look for or ask a trusted friend or family member to assess:

- Looking over your shoulder to change lanes is becoming more difficult, and perhaps you now rely solely on your side view mirrors when you want to change lanes.
- Stiffness in your legs and feet make it difficult to respond appropriately to unforeseen circumstances; e.g., the need to brake quickly to avoid hitting a child.
- You have had a number of "close calls" while driving.
- You have trouble reacting quickly to road conditions.e.g., black ice, objects on the road, water.
- You experience considerable discomfort from the glare of oncoming headlights at night. You may even lose your ability to clearly see anyone or anything on the side of the road.
- You are having increasing difficulty reading street signs, road signs and often have to make a last minute turn without warning drivers behind you.
- You have failed to respond appropriately to traffic lights, and perhaps have even been stopped by the police! (Of course you did not mention this to your family!)
- You feel overwhelmed by the new road markings, the volume of traffic, or the speed of traffic.
- You would not admit this to anyone, but there have been occasions when you have had a hard time finding your way to a familiar destination.
- You have had another person express concern about your driving.

If you have experienced any of the above situations, it is time to admit that perhaps the years have altered your ability to drive safely. This may not mean you must give up your licence, but it may mean making some adjustments to the time, distance, or type of driving you do. You would not want to put yourself, your passengers or other drivers and their passengers at risk.

Remember, driving is a privilege not a right. Wise is the person who recognizes the responsibility that goes with that privilege!

– Article provided by Senior Watch

To a watchful eye, each moment of the year has it's own beauty...

Information for the 50-Plus Generation

Choices After 50

published by: EMC Publications & Media, P.O. Box 1291 Saint John, N.B. E2L 4H8
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Carol Maber – Editor

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Arthritis and Knee Replacement

Did you know? As Canadians age and develop arthritis, more people are requiring knee and hip replacements. When the study was done in the early 2000's, the rate of total knee replacements increased by a staggering 52% and these rates are continuing to rise. Get ready for knee replacement surgery every 15 years. One knee replacement seems reasonable as we get older, but two or three? That's the warning from researchers at the Toronto Western Research Institute, who say Canadians will likely outlive their artificial knees. Dr. Aileen Davis and colleagues are examining whether that second or third artificial knee works as well as the first or if we should expect less mobility with each new knee.

CHINESE PROVERB: A happy person is never poor, an unhappy person is never rich...

CHURCH BULLETIN NOTICE: "You're not too bad to come in and you're not too good to stay out..."

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Get the Most Out of Your Heating System this Winter...

As temperatures drop, we all want our heating systems to be operating at peak performance. No matter how you heat your home, keeping your heating system in good working order makes it more reliable and efficient.

Regular cleaning and upkeep are essential for all heating systems. Simple tasks like cleaning filters and vents on a weekly or

monthly basis can prevent buildup and maintain airflow. This improves efficiency and indoor air quality.

Annual maintenance is important too. A yearly check-up and deep clean will keep your system operating at its best and can prevent unexpected issues and costly repairs. Regular maintenance also helps extend the

lifespan of your heating system. Some warranties may also require that a certified technician completes system maintenance.

If you neglect cleaning and maintenance, your system may not last as long or work as well. It might also use more energy than necessary.

Basic maintenance for specific heating systems

To help keep your home comfortable this winter, keep these maintenance tips in mind:

- **Electric baseboards:** vacuum your baseboards at least every 6 months. Make sure there is a few inches between your baseboards and furniture to ensure proper hot air flow.
- **Heat Pump:** Keep outdoor units clear of debris and foliage to maintain airflow, and clean or replace indoor filters every three months. Annual professional maintenance ensures all components are in top condition.
- **Pellet Stove:** Clean the burn pot and heat exchanger weekly to prevent ash buildup and inspect gaskets and seals. Professional maintenance ensures fans and motors operate smoothly.
- **Propane Heaters:** Keep the area around the tank clear. Professional maintenance ensures ignition systems and safety features are operating as they should.
- **Furnaces and boilers:** have your system inspected and cleaned annually.

More tips to maximize your home comfort this winter:

- **Turn down the heat:** Adjust the thermostat for baseboard heaters when you're asleep or away from home to reduce energy use. If you heat with a heat pump, maintaining a consistent temperature is more efficient.
- **Draft Proofing:** Seal gaps around windows and doors with weather stripping or caulking to prevent heat loss and uncomfortable drafts.
- **Trap your heat:** Close doors to any rooms that aren't in use to keep your heat from moving to rooms that don't need it. Be sure to maintain at least 17C in each room to avoid mold.

A well-maintained heating system will do a better job keeping you comfortable year-round.

Looking to upgrade your system? It's easier than you think. Just visit SaveEnergyNB.ca/Choices to learn about rebates available for energy efficiency upgrades to your home.



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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 flavones (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.

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Diabetes and Foot Health Management

Current studies suggest that about 20% of people over the age of 65 will develop diabetes at some point in their life. It has been recommended that every person over the age of 45 should have a fasting blood sugar test every three years to screen for diabetes. For those with other health issues such as; hypertension, obesity, high cholesterol, or a familial history of diabetes, you should be tested every year.

Diabetes causes problems because there is a higher than normal amount of glucose (sugar) in the blood. High blood glucose, or hyperglycemia is a condition where the pancreas produces too little of a hormone called *insulin*, or when the body is unable to recognize or utilize the insulin properly. In both cases, the result is the same: due to the lower level of insulin, the level of sugar in the blood rises above an acceptable limit. If blood glucose levels are too high, for extended periods of time, parts of the body can become damaged. The most common areas to become damaged are the heart, blood vessels, eyes, kidneys, and feet.

It is important that you take certain steps towards a healthy lifestyle in order to properly manage your diabetes. One is to follow a healthy eating plan that you and your family doctor or dietician have worked out. Secondly, all diabetics, whether young or old, need regular, fairly moderate exercise. Even walking for half an hour each day can make a difference. Make sure to take your medications as directed. Check your blood glucose every day and each time, write the number down in a book to keep track. Control your blood pressure, cholesterol and do not smoke. Smoking causes arteriosclerosis (hardening of the arteries) and coupled with diabetes can accelerate blood vessel damage.

It is also very important to care for your feet if you have diabetes. Twenty-five percent of people with diabetes will develop foot problems primarily related to a condition called *neuropathy*. High blood glucose from diabetes can damage the nerves in your body, most specifically the peripheral nerves. Peripheral nerves are the nerves that extend from the brain and spinal cord to the muscles, skin, and internal organs. When these nerves are damaged peripheral neuropathy can impair proper functioning. The most common symptoms of neuropathy include numbness and loss of feeling, usually in the feet and hands. Neuropathy can cause insensitivity or a loss of ability to feel pain, heat, and cold. Diabetics with neuropathy can develop minor cuts, scrapes, blisters, or pressure sores that they may not be aware of due to the insensitivity. If these minor injuries are left untreated, complications may result and lead to ulceration and in worst-case scenario even amputation. Neuropathy can also cause and aggravate deformities such as bunions, and hammer toes.

Due to reduced blood flow and neuropathy, people with diabetes are at risk with many common foot problems. Anyone can have corns, blisters and other foot afflictions, but if you have diabetes and your blood glucose is consistently high, these foot problems can lead to complications and infections.

Corns and calluses are thickened layers of skin caused by too much rubbing or friction on the same spot. If there is excessive amount of pressure on one area, that area can become ulcerated.

Blisters can form if shoes always rub the same spot. Wearing shoes that do not fit or wearing shoes without socks can cause blisters.

Ingrown toenails happen when an edge of the nail grows into the skin. The skin can get red and infected.

Bunions form when your big toe deviates towards the smaller toes and the joint between the bones near the base of your big toe grows bigger. This area can get red, sore, and infected if it rubs on the inside of the shoe.

Hammertoes can form when foot muscles weaken. Nerve damage may cause the weakness. The weakened muscle pulls the tendons tighter and makes the toes curl under the feet. Hammertoes can cause problems with walking and finding shoes that fit well.

Dry and cracked skin can happen because the nerves in your legs and feet do not get the message to keep your skin soft and moist. Nerve damage decreases the amount you sweat and sweating helps keep your skin soft and

moist. Decreased sweating in your feet and legs can cause dry skin and this can become cracked. Cracks allow an area for entry of bacteria and other pathogens, which cause infection.

It is important to see a podiatrist about any foot problems you may have as soon as you see it. It is important that you have an annual diabetic neuropathy check done by a podiatrist to monitor the sensation and feeling in your feet. The podiatrist should also check how well the blood is flowing to your feet.

To look after your feet at home, especially if you have neuropathy, it takes attentiveness and care.

Wash your feet in warm water every day. Make sure the water is not too hot by testing the temperature with your elbow. Dry your feet well, especially between your toes.

Look at your feet every day to check for cuts, sores, blisters, redness, calluses, or other problems. If you cannot bend over or reach your feet to check them, use a mirror. If you have trouble seeing, ask someone else to check your feet. The podiatrist should check your feet on every visit as well.

If your skin is dry, rub emollients or moisturizers on your feet after you wash and dry them. Also, drink lots of water, to keep your skin moist and healthy.

File corns and calluses gently with an emery board or pumice stone. You can do this after a bath or shower when the skin is softer. **Never try and remove corns or callus with anything sharp at home.** If the corn or callus is bothersome or painful see a podiatrist to have it looked at.

Cut your toenails regularly. Cut them to the shape of your toe and not too short.

Always wear socks or stockings to avoid blisters.

Wear shoes that fit well. Wear them around the house as well to avoid injuries.

Before putting your shoes on, feel the insides to make sure they have no sharp edges that might damage your feet.

Through proper care at home and by a trained podiatrist you can decrease the chance of serious foot health problems due to diabetes.



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From my family to yours, I would like to wish everyone a very happy holiday season and a new year full of happiness, health and prosperity! Happy Holidays and Happy New Year to all!

**The Hon./L'hon.
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It is not what you know that gets you into trouble. It's what you think you know that isn't so, that causes problems...

The best way to predict the future is to create it...

A winner says, "it may be difficult, but it's possible."

A loser says, "It may be possible, but it's too difficult" ...

Winter in the Country

*The sound of distant sleigh bells heard,
Sparkling snow upon the ground, ah, it's Wintertime!
That very word Has a pleasant, cozy sound.
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Laughter ringing, through the air, true friendship found.*

- unknown

Warm Winter Tune-up for your Home...

Warm your home for the Cold Winter Months...

Winter Tune-Up - Warm your house for the cold season Canadian winters can be long, cold and tough on our homes. To keep you and your family safe and comfortable, you'll need to keep your new home in top condition.

Regular maintenance is the secret, according to Canada Mortgage and Housing Corporation (CMHC). You can do much of the work on your own; however, if you are uncomfortable or ill-equipped for some tasks, such as annual servicing or gas or wood heating appliances call in a professional.

If you are handy, you may wish to do the following maintenance jobs on your own:

- Check and clean or replace furnace air filters in accordance with the manufacturer's instructions during the heating season. If you have a heat recovery ventilation system (HRV), check the filters every two months. Clean range hood filters monthly. If you have a humidifier, clean it two or three times in winter and make sure it is set properly

- Inspect indoor and outdoor air vents (intake, exhaust and forced air) to ensure they are free of snow or debris and flapper dampers close. It is a good idea to inspect outdoor air vents and gas meters after each snowfall to make sure they are not covered.

- Clean bathroom fan grilles, coils underneath or on the back of a refrigerator or freezer, and smoke detectors. Check smoke detectors and all fire extinguisher gauges and recharge or replace if necessary.

- Examine indoor and outdoor lights, electrical cords, plugs and outlets. If plugs look worn or cords feel warm, replace immediately.

- Examine windows and doors for ice accumulation or cold-air leaks. Seal any leaks temporarily with weatherstripping or removable caulking, and repair or replace in the spring.

- Inspect your attic to ensure proper insulation and ventilation. Note signs of roof leaks, gaps or separations in the underside decking and repair. Check the attic for frost accumulation and the roof for ice dams or icicles. Ensure any ducts serving exhaust fans are insulated, have a vapour barrier wrap and are vented outdoors.

- Check your basement floor drain to ensure the trap contains water and refill if necessary.

- To help control sediment and maintain your hot water tank's efficiency, consult the owner's manual and drain a dishpan full of water from the clean-out valve. Ensure hot water pipes are insulated. Unless you have freeze-proof outside faucets, turn off the valves inside the house and drain the pipes.

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



Wishing Everyone a Merry Christmas and Best Wishes for 2025

Planning is already underway, plan on visiting the Sussex Flea Market in 2025. Mark your calendar for a great time for buyers and sellers next August.

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42st Sussex Flea Market

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

Start Slow & Listen to Your Body...

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

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

None of this comes as a surprise to Dr. Frederic Flach, the editor-in-chief and publisher of *FITNESS OVER FIFTY* (Healthy Living Books, \$15.95). Flach, cites staying fit as one of the most important goals a senior can have. "Following the four pillars of exercise outlined in this book have kept me active, fit, and alert, even as I get older," explains Flach. "That's a gift I wanted to pass on to other seniors." The book, a special illustrated edition from the National Institute on Aging, has the following tips for seniors who want to start an exercise program like the one in the newly released study:

CHOOSE AN ACTIVITY YOU ENJOY

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

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

START SLOW

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

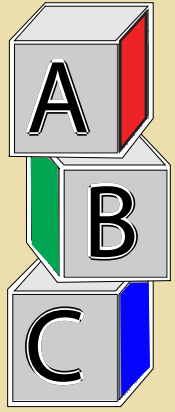
LISTEN TO YOUR BODY

The goal is to build up to 30 minutes of moderate exercise a day (you can divide this into three 10 minute sessions. But remember to work at your own pace and pay attention to what your body tells you. Endurance activities shouldn't cause dizziness or chest pain.

DRINK PLENTY OF WATER

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

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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*.



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.

People who achieve true success rarely worry about being successful...





David Humphreys
Owner / Funeral Director
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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.



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

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 info@cedarhillcemetery.ca



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Cedar Hill Extension – Expansion...

Reserve your Traditional Lot or Cremation Space now....

**The
View**

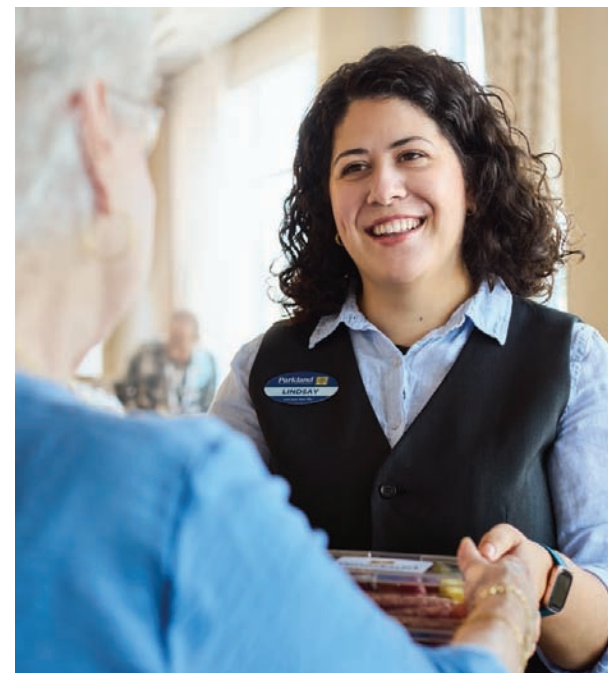
Cedar Hill
Extension
Cemetery

Expansion



Happy Holidays from Parkland

Sending you best wishes for a safe, festive season and a Happy New Year. Do more of what you love this holiday season; enjoy coffee with friends, dance to festive music, or relax as you watch a holiday movie in the comfort of your private apartment. From our front desk concierge and chauffeur to in-house chefs, wellness coaches and licensed healthcare professionals, the entire team at Parkland is dedicated to taking care of your every need.



Book a tour today!
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