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Our Annual Memorial Walk is an opportunity
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Saturday, September 20 2025

Visit our website for more information.
www.hospicesj.ca

Creating Curb Appeal – Spending Time Outside...



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 where-as 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 "hair-cut". 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. Over seeding 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 to look at and enjoy year after year.



The Seniors' Resource Center provides resources and information on a variety of services, events and activities to enhance wellness and quality of life for seniors.

Visit us at Level 3, Brunswick Square, online at www.seniorshelpsj.com or call (506) 633-8781.

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Wisdom: Some people learn from their experiences, some never recover from them...

A talent is worth only what you do with it...

Nature, day after day, is painting pictures for us of infinite beauty...

Five Steps to Help your Adult Children Achieve Financial Independence

Cinq étapes pour aider ses enfants à devenir indépendants sur le plan financier

When your child transitions to adulthood, it's likely they will need some sort of financial support, like housing or help with an unexpected expense. According to Statistics Canada, [1] nearly 35 per cent of adults aged 20 to 34 still live with at least one parent.

While occasionally providing financial help for your child may be feasible, consistently giving support may lead to financial stress or feelings of resentment. It can also lead to situations of financial abuse or children expecting constant financial support.

Setting clear boundaries with your adult child can help them build their financial independence and avoid situations that may lead to financial abuse.

Have an open conversation

Sit down with your child and have an honest talk about becoming financially independent. Discuss what financial independence looks like for them and set clear goals for how they can get there.

Create a plan to wean off support

Together, develop a plan with specific financial milestones for them to reach. During this transition, gradually reduce the financial assistance you provide so they can adapt and learn. For example, if you're currently paying their rent, reduce your support to half or 75 per cent.

Support them in other ways

Financial independence isn't just about money—it's also about knowledge. Encourage your children to learn about budgeting, saving, investing, and managing debt. *

You can also offer non-financial support. For example, you may help with childcare for grand kids instead of giving your child money. Always set clear boundaries around how often you are willing and able to help.

Let them make mistakes

Encourage your child to make their own financial choices, even if that means letting them learn from their mistakes. Sometimes adult children may feel a sense of entitlement or emotionally manipulate their

article continued on page 4

L'enfant devenu adulte aura probablement besoin d'un coup de pouce financier, par exemple pour des dépenses imprévues ou pour se loger. Selon Statistique Canada, près de 35 % des adultes de 20 à 34 ans vivent encore avec au moins un de leurs parents.

S'il est possible d'aider ses enfants à l'occasion, il pourrait devenir stressant et frustrant de le faire systématiquement. Cela peut mener à des abus financiers, les enfants s'attendant à recevoir ce genre de soutien en permanence.

Établir vos limites avec vos enfants à l'âge adulte peut les aider à devenir financièrement indépendants et vous aider à éviter les situations propices à l'exploitation financière.

En parler ouvertement

Parlez franchement avec votre enfant de l'importance de l'indépendance financière. Discutez de ce que cela signifie pour lui et des étapes pour y arriver.

Établir un plan de sevrage

Établissez ensemble les étapes pour atteindre des objectifs financiers précis. Pendant la transition, réduisez graduellement l'aide financière que vous offrez pour que votre enfant puisse s'adapter et apprendre. Si, par exemple, vous payez son loyer, vous pourriez payer le montant total pour un ou deux mois, puis réduire cette aide à 75 % ou 50 % du total.

L'aider d'autres façons

L'indépendance financière ne s'acquiert pas seulement avec de l'argent, mais aussi avec des connaissances. Encouragez votre enfant à découvrir les notions de budget, d'épargne, de placement et de gestion d'une dette*.

Vous pouvez aussi l'aider d'autres façons. Par exemple, en offrant de garder ses enfants au lieu de lui donner de l'argent. Établissez des limites claires sur votre capacité à l'aider financièrement.

Laisser votre enfant faire des erreurs

Parfois, les enfants adultes pensent qu'ils ont des droits, ou

suite de l'article en page 4



Find tips on how to talk with your loved ones about money at **Finances50plus.FCNB.ca**



FINANCIAL AND
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Vous trouverez des conseils sur la façon de parler d'argent avec vos proches à l'adresse : **Finances50plus.FCNB.ca**



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DU NOUVEAU-BRUNSWICK

continued: Five Steps to Help your Adult Children Achieve Financial Independence

parents into thinking providing financial support is “what family does.” Remember, how you spend your money is up to you.

If you feel pressured, seek reassurance from someone close, like your financial professional or a close friend or family member.

Protect yourself from financial abuse

The journey to financial independence is not always easy and often parents feel a sense of responsibility to help their children succeed. Remember that your child’s financial success is not up to you.

For tips on protecting yourself from financial exploitation, check out our free e-learning course at Finances50Plus.FCNB.ca.

*For resources on budgeting, saving, investing and other topics, visit FCNB.ca.

[1] Statistics Canada. (2022, July 13). Canada's population estimates: Age and sex, 2022. Retrieved from <https://www150.statcan.gc.ca/n1/daily-quotidien/220713/g-a005-eng.htm>

suite: Cinq étapes pour aider ses enfants à devenir indépendants sur le plan financier

tendent de manipuler leurs parents pour recevoir de l’aide financière parce que « c’est ce qu’une famille fait ». N’oubliez pas que c’est votre argent. Si vous avez l’impression qu’on essaie de vous influencer, parlez-en à un proche, comme la personne qui vous conseille sur le plan financier, un ou une amie ou quelqu’un de la famille.

Se protéger contre l’exploitation financière

L’indépendance financière n’est pas toujours facile à atteindre, et les parents se sentent souvent responsables d’aider leurs enfants à réussir. N’oubliez pas que la réussite financière de votre enfant ne dépend pas de vous.

Pour des conseils sur la protection contre l’exploitation financière, consultez notre formation en ligne gratuite à Finances50Plus@FCNB.ca.

*Vous trouverez de l’information utile sur la tenue d’un budget, l’épargne, l’investissement et une foule d’autres sujets à FCNB.ca

Statistique Canada. (13 juillet 2022). Estimations de la population du Canada : âge et sexe, 1er juillet 2022. Tiré de *Plafonnement de la proportion des jeunes adultes vivant avec leurs parents de 2016 à 2021*.

A “HUNCH” is creativity trying to tell you something...

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

Increase in Kidney Disease

In the past 15 years, nephropathy, a chronic, degenerative disease that affects the kidney’s filtering system, has increased by 150%. And if you are a diabetic with high blood pressure, then you are at the highest risk of kidney failure.

Although lifestyle modifications may prevent further increases, it is now known that protein in the urine (proteinuria) can be an early sign of kidney disease. Urine tests can detect proteinuria long before a diabetic patient has progressed to serious renal disease. Since high blood pressure accelerates the loss of kidney function and progression of proteinuria, treatment with blood pressure agents, like calcium channel blockers (CCBs), are recommended.

“Physicians have been focussing only on optimizing blood pressure control. According to Dr. Norman Muirhead, a professor of medicine and a nephrologist at the London Health Sciences Centre, Ontario, physicians need to take a unified approach in preventing kidney disease among diabetic hypertensives.

“Treatment of hypertension in diabetics needs to be directed at both the prevention of cardiovascular disease and halting the progression of renal disease, and should not be seen as mutually exclusive events,” stressed Dr. Muirhead.

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

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The Hidden Benefits of an Energy-Efficient Home...

When you think about making your home more energy efficient, you might first think about saving money on energy bills. But did you know that an energy-efficient home can also make your living space healthier and more comfortable? These changes don't just help save energy—they also improve air quality, reduce noise, and provide better lighting.

Here are four great benefits of making your home more energy efficient.

Better Air Quality

Good insulation and sealing can stop drafts and lower humidity. Humid air is harder to heat, and too much moisture can cause mold, which can lead to health problems.

Do you have a heat pump? Heat pumps are an energy-efficient way to heat and cool your home. In the summer, they help remove moisture from the air, making your home more comfortable. Heat pumps also clean and move the air, helping to reduce allergens and pollutants.

Cleaner air can help reduce allergy symptoms, improve breathing, and help you sleep better.

More Comfort

Do you feel a draft near your favorite chair or by the table? Fewer drafts make your home feel more comfortable, especially in winter when cold air can make rooms feel much colder than they really are.

Good insulation keeps you warm in winter and cool in summer. It stops hot air from getting in and cool air from escaping, making your home more comfortable all year round.

Energy-efficient windows also help get rid of cold spots near the windows, making the temperature even throughout your home. This means you can enjoy every room comfortably.

Less Noise

Energy-efficient windows, especially ENERGY STAR certified ones, can block out more noise. This means you won't hear outside sounds like traffic, sirens, or barking dogs. This extra quiet can make your home feel more peaceful.

Better Lighting

Energy-efficient homes often have better lighting and use LED bulbs. These lights give off a natural light and use less energy. Good lighting can improve your mood, reduce eye strain, and make your home feel more welcoming.



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Making your home more energy efficient helps you save energy and enjoy a healthier, more comfortable space. When you

invest in energy efficiency, you're also investing in a better quality of life for years to come.

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Power of Attorney – Important for Aging Boomers and their Parents...

A recent study by the Alzheimer Society shows the likelihood of developing dementia doubles every five years once you reach age 60. This also increases the likelihood that someone may need to act on your behalf when making financial decisions.

While many people can easily identify family or friends that they would trust with their personal wellbeing establishing a POA requires a much more involved evaluation of the relationship and what this role will entail.

Investors Group tax and financial planning is available to discuss the obligations and responsibilities involved in this role and what Canadians need to consider when selecting or assigning a POA.

Dementia and disorders like Alzheimer's involve loss of memory and cognitive abilities limiting one's ability to make decisions for themselves that can impact their financial wellbeing.

A power of attorney, a legal document authorizing someone to act on another's behalf, is an important part of a comprehensive, personal financial plan.

While most people recognize that granting someone power of attorney over your affairs carries responsibility for decisions regarding medical care and living arrangements, many do not realize it also includes responsibility for managing all assets (including investments) as well as decisions that can impact retirement planning and saving.

"A power of attorney is a critical document that completes any financial plan," says Investors Group tax and financial planning expert Christine Van Cauwenberghe. "Without one, if you become incapacitated even for a short time, your assets may be managed by someone you haven't chosen, or in a manner you don't approve of."

While many people can easily identify family or friends that they would trust with their wellbeing, establishing a POA requires a much more involved evaluation of the relationship and what this role will entail. Christine recommends that Canadians investigate what is entailed and select someone that will best manage what's involved.

"It's also imperative that the party selected fully understands their roles and obligations to best serve your interests," says Ms. Van Cauwenberghe. She offers the following tips when formalizing your power of attorney:

- Consider the scope of the powers granted
- Determine at what point the power comes into effect
- Make parameters that require the person assuming the POA to seek expert advice when it comes to financial decisions
- Make this decision sooner rather than later, since you will not be able to once you lose mental capacity
- Talk to your parents if this isn't factored into their financial plan.

– Article provided by Senior Watch

Relish Your Retirement: Illuminating new book sparkles with ideas for women to feel good and delight in retirement's new found freedom...

Florance Philips' *Relish Your Retirement: 501 Fun, Insightful, Simple and Enjoyable Ideas and Things to Do in Your Retirement, Without Spending Too Much* is not just for women who are retiring from the workforce, but homemakers with empty nests and about to embark on a new phase in their lives. Sharing the five stages of retirement, along with the benefits of a good plan, proper implementation and passion, this book is all about making retirement a happy and productive part of life.



Live Vibrantly!

Perfect Holiday reading for a whole New Leash on Life, Love and Happiness!

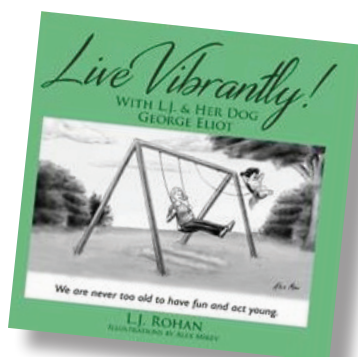
Featuring beautiful illustrations with upbeat messages, this new book by L.J. Rohan, *Live Vibrantly!* With her Dog George Eliot, explores a range of life lessons through the daily interactions of an irresistible Havanese puppy and his owner.

It's the perfect feel-good holiday reading, capturing the insights, joy, and rejuvenation that interactions with pets bring into our lives—especially important as we grow older.

"This fresh approach helps look at aging positively with humor and kindness," says Rohan, a gerontologist, who works with artist Alex Mikev to bring her ideas gently to life. "Readers will find love, hope and laughter on every page—the ideal holiday read!"

The playful banter between Rohan and her real-life companion George Eliot, sets the stage for jokes, delightful perspectives, and affable, but spot-on, witticisms.

Simply put, George Eliot's imagined responses help the facts of aging go down easier." Her experience as a gerontologist gives Rohan a unique perspective on the social, psychological, cognitive and biological aspects of the aging process.



IT'S TRUE:

A problem half stated is a problem half solved...

There is no true satisfaction without a struggle first...

We all can't be heroes, because someone has to sit on the curb and clap as they go by...

Information for the 50-Plus Generation

Choices After 50

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Carol Mabey – Editor

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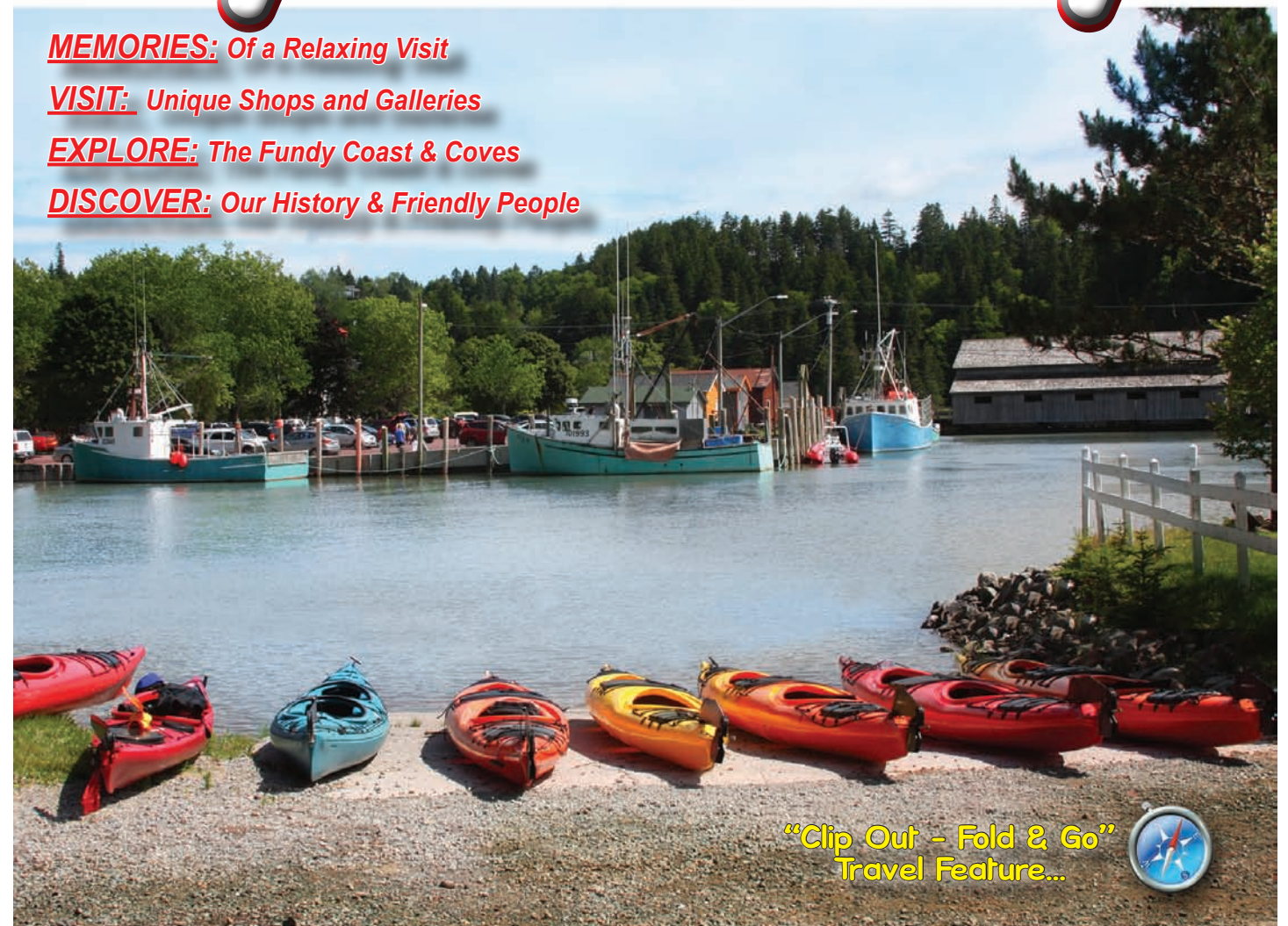
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Celebration of Life Services...

My name is Monette Gould and I am a certified celebrant. Just before Covid disrupted our lives, I saw a need in our community for people who were not attached to a religion or a church and simply wanted a celebration of life. Covid, not only changed our lives but it prevented people from grieving their loved ones while being surrounded by family and friends. It was a very difficult time for many people who could not honour those closest to them and say their final goodbyes.

My greatest fear has become a reality. Now that we are back to some normality in our lives, certain people believe that they do not need a service, visitations and at times, not even a burial. I do my best to respect everyone's wishes however I would simply like to share a few of my experiences.

No Service

Not long ago, a woman, who was in tears, approached me. She shared that her husband had passed away from cancer and that he had not wanted a funeral. She said that her two children had been devastated. They picked up the ashes at the funeral home and when they arrived home, there had been nothing but complete silence. They didn't know what to do or say, therefore she placed his urn on a shelf in her bedroom closet. She also said that her relationship with her children has changed since then because, after several years, there are people they meet who continue to ask if their father is still sick and living. There had been neither an obituary, service, gathering nor a burial. The children were angry, and now, this anger has turned toward their mother for not having done anything after the passing of their father.

Once, a lady said to me: "I don't need a service because I haven't done anything, and I am simply a stay-at-home mom."

I responded by asking: "Do you realize that you have had the most important job in the world, and by not having a service, you will not allow your children to share their memories and say a final goodbye to you while being surrounded by family and friends who love them and love you? Do you realize the effect that your decision could have on your children? She quickly understood the importance of it all.

If you are thinking of not having a service, visitations or a burial, please remember that they are not for you but for those who are left behind since they will NEED these important rituals to begin their grieving process.

When a baby is born, we celebrate the birth and the beginning of this new life. When a person dies, we need to celebrate their life, whether by having a celebration of life, a mass, a party, or any type of gathering. It is as important to gather for the end of a life as it is to experience the birth of a new one

Participation

During my celebrations, I try to include children, grandchildren and family members to allow them to feel that they have done something special, one last time, to honour their loved one.

If you do not want any of these services, please think of those you are leaving behind and the effect it could have on them.

No Burial

Another concern I have is that some people choose not to have a burial. Someone I know brought her husband and her parents' ashes home. She returned home one day to find her house, which had completely burned to the ground. Even more devastating was the fact that when they found the urns in the debris, they had been destroyed.

One day, a friend told me that she would like to bring her parents' ashes home. I asked her what she thought was going to happen to the ashes if something happened to her. Who would be willing to take on that responsibility? Would it cost them any money for that responsibility, whether purchasing a burial plot or a niche in a columbarium? The other issue with bringing ashes to your home is that other family members may want to visit their deceased loved ones but will not do so because they are at your home.

I hope that you will consider everything that I have mentioned regarding these important decisions. The best gift you could give your family is to make pre-arrangements with the funeral home of your choice so that your loved ones don't have to make these decisions during their time of grief and loss. Pre-arrangements could be less costly and prevent possible family arguments. Peace amongst everyone is so important during these sensitive and difficult times.

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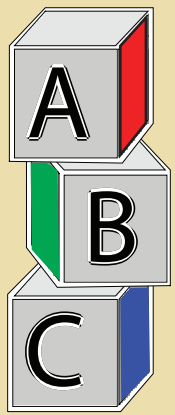
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Welcome to the home of Brandon and Jessica Kelly, Woodstock NB.

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.



BEFORE



AFTER



AFTER

War Amps key tag mailing Celebrates 50 years of CHAMP

As The War Amps is mailing key tags to residents across Canada, it is also celebrating 50 years of its Child Amputee (CHAMP) Program, which supports young amputees thanks to donations from the public.

Gabriel Ferron-Bouius, 21, is a right leg amputee who grew up with the support of the CHAMP Program since he was born, including financial assistance for artificial limbs, peer connections through CHAMP events and so much more.

“I had never met anyone else who was an amputee until my first CHAMP Seminar. There, I met older Champs that I could look up to and who showed me that my amputation didn’t have to limit what I could do. I learned to walk by watching Champs like me and learned all about life as an amputee,” Ferron-Bouius says. “Now that I’m older, I get to pass this knowledge along to the younger Champs I meet. I would not be the person I am today without the support of War Amps donors.”

The Key Tag Service is a free key return service for Canadians that generates funds for The War Amps many programs, including CHAMP. Since amputee veterans started the service in 1946, it continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants; its programs are made possible through the public’s support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call 1 800 250-3030.



You can help amputees

with a charitable estate donation in your will. Your gift provides amputees, including children, with essential artificial limbs and so much more.



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Gabriel grew up with the support of The War Amps Child Amputee (CHAMP) Program thanks to donations from the public to the Key Tag Service.

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The 42nd Annual Sussex Flea Market is set for August 2025

The Giant Flea Market in Sussex, will have it all, and will be the NB Antique Auto Club's biggest and most popular event for the year. Attracting hundreds of vendors and thousands of buyers.

The calendar may say Spring, but many are already thinking ahead to August, when thousands of people will be enjoying one of the biggest flea markets around held in Sussex NB.

The 42nd Annual Sussex Flea Market starting on August 15th., 2025. With up to 900 vendors, this annual 3 day event draws thousands of visitors and is one of the most popular events of the summer.

The New Brunswick Antique Auto Club sponsors the Sussex Flea Market which is the biggest and most popular flea market in New Brunswick, but first, here is a little bit of history.

The New Brunswick Antique Auto Club is a non-profit organization where friends meet and talk about their cars. The Club was formed at Harvey Station, NB. on

September 18, 1966. In 2016, the club celebrated their 50th Anniversary. It is a provincial club made up of 7 regions: Fundy – Saint John; Lower Valley – Fredericton, Northeast-Campbellton, Bathurst, Miramichi; Northwest-Edmundston, Grand Falls, Perth Andover; Passamaquoddy-St. Stephen; Southeast-Sackville, Moncton, Sussex; Upper Valley-Woodstock. The NBAAC has a representative for the National Association of Automobile Clubs of Canada. (NAACC).

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

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

1. A publication of Wheeltracks which review past activities and upcoming events.
2. A publication of the Roster's yearly listing all club members. This publication will assist you in finding your dream car or allow you to get in contact with car owners for information purposes.
3. It also gives you membership to the NAACC.

The Club's biggest annual event of the year is the Automotive & General Flea Market held in Sussex. This year will be the club's 42nd year. The giant flea market takes place every year in the month of August. As you can imagine, a large number of volunteers are working months in advance to prepare for this huge and popular event.

There are up to 900 vendors at Princess Louise Park in Sussex for this exciting event. They come from all over New Brunswick, they also come from Nova Scotia, and Prince Edward Island, and some as far away as Ontario.

At this giant 3 day flea market, there really is something for everybody!

There is a Show & Shine on Sunday for anyone who wants to bring in their antique or custom made car.

Please note: Vendors are allowed pets at their sites, these pets must be tied. Visitors are not allowed pets.

For see more information about the New Brunswick Antique Auto Club, please visit their web site at www.nbaac.org. When you visit the Flea Market, drop by the NBAAC's booth for more information about the club. Hope to see you there!

You get the best out of others when you give the best of yourself...

The best way to get rid of an enemy is to make then a friend...



42nd Annual

SUSSEX FLEA MARKET

sponsored by the

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Princess Louise Park
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Friday, August 15, 2025 8 am - 8 pm
Saturday, August 16, 2025 8 am - 8 pm
Sunday, August 17, 2025 8 am - 3 pm

– No Pets Allowed by Public –

Show & Shine - Sunday 9 am - 3 pm

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



42nd Sussex Flea Market

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The Tools of Foot Comfort... “Shoes, Stockings and In-Shoe-Devices”

An ingrown toenail, a painful callous, a sore heel or a throbbing knee? When the aggravation persists what can you do? Putting it in perspective you will often find there is a trail of evidence leading up to one of these incidents or injuries.

A sore nail bed or cuticle may come from a shallow toe box or a short shoe fitting. A callous is an indication of friction or movement inside the shoe. Heel, knee, hip, or back pain may come from poor alignment that can sometimes be seen by distortion or unusual wear in shoes.

Many of these conditions can be diagnosed by your Family Physician or evaluated by a Health Care Professional familiar with body mechanics.

Appropriate footwear is a good starting place. Deep toe box, firm heel counter, cushioned rocker soles and foot friendly seam placement are all features that should be considered. Slip on shoes may be convenient but an adjustable closure is more secure for walking and standing. If you have difficulty lacing due to back or hand disability Velcro closures might help, although these will tend to loosen with vigorous activity.

Stockings are often overlooked as a comfort solution. Avoid patterned or ribbed knits. Many synthetics have real advantages with fibre blends offering unique properties for cushion and friction reduction. Cotton and wool may be the standard but there is great variation in products. Just because the label says “diabetic sock” does not guarantee quality.

All cotton becomes more abrasive with laundering and knowing when to discard and move to a new pair is critical. Often a synthetic yarn with anti-bacterial treatments will be a better long term buy. There is likely to be more significant difference between a \$5 and \$15 stocking than the price.

In shoe devices such as cushioned foot-beds or custom orthotics are helpful in repositioning the foot and alleviating pressure and friction that lead to joint and muscle pain.

They can often improve ankle, knee, hip, and back posture improving or eliminating pain symptoms.

Foot orthotics are assessed, designed, and fitted by a certified Health Care Professional familiar with body mechanics and how the bones, joints, ligaments, tendons, and muscles respond to activity. These devices can range from soft through flexible to rigid depending on activity level, weight, occupation, or shoe type so they are truly particular to you and your lifestyle. If you experience pain or disability and this a limiting factor in your activities or enjoyment of them, talk to

your Physician about getting a biomechanical assessment orthopedic footwear or foot orthotics.

by: **Terry B. Trask, C Ped(C)**. For more information call: 506 632-9397 or 1 800 663-3668



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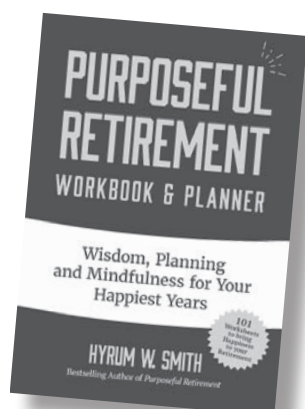
Retirement is a new season, a new opportunity, to live purposefully. It's not an end. You may have said goodbye to a job, but you still have an exciting, meaningful life ahead of you.

Now is the time to choose exactly what YOU want to do because now you actually have the time. Let's take that bucket list and get started!

The author of the bestselling Purposeful Retirement, Smith's new book lays out a guide to making sure we all take full advantage of the decades we get to enjoy after full-time work. Smith sheds light on what he calls the “gifts of retirement,” the opportunity to reclaim your time and spend it exactly the way you want to.

This practical handbook covers: Retirement financial planning, Health management and exercise advice. The importance of clubs, volunteering and social groups in maintaining friendships, relationships, and a social life once you stop going to work every day. And much more!

Smith's one-of-a-kind expertise and wise counsel in The Purposeful Retirement Workbook will take you from apprehension to living life and loving it! "This book is packed with wise advice for anyone staring down the barrel of retirement. I agree wholeheartedly with Hyrum Smith: you may be retired, but you can still live with meaning, purpose and energy."



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“Blessed are those who can give without remembering and those who can take without forgetting.” – Elizabeth Bibesco* *

*

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

* * *

“I shall grow old, but never lose life's zest, because the road's last travelled will be the very best.” – Henry Van Dyke



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