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– See Full Ad on Back Cover



42th Annual Automotive & General Flea Market

August 15, 16, 17, 2025

Princess Louise Park, Sussex NB

Mark Your Calendar



– See Ad on Page 10

Summer Issue 2025

Choices After 50

Features On:

- Estate Planning
- Retirement Matters
- Lifestyle Trends & Travel
- Fitness & Recreation
- Hearing Tips & Advice
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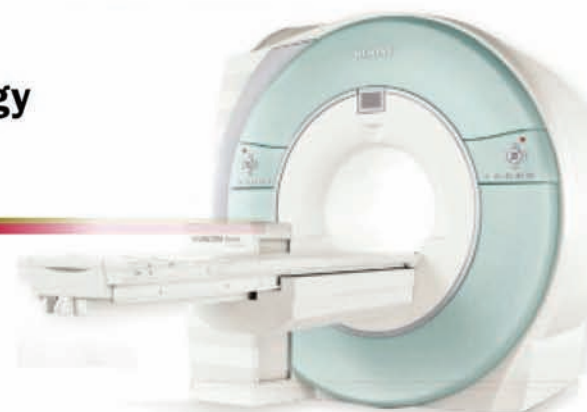
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Summer BBQ's



Join us every Friday from June 20th -
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directly at Bobby's Hospice for a delicious meal
and a great time!

What's Included for \$8:
Hamburger, Hot Dog, Chips and Water

Local live entertainment each week
Exciting raffles & 50/50 drawings
And more surprises!

Come for the food, stay for the fun!
We can't wait to see you there!

Summer Market



Join us on July 26th from 9:00 AM - 3:00 PM
for a day filled with local shopping, fun, and
excitement!

What to Expect:
160+ tables featuring local vendors
Silent Auction, Raffles, 50/50, and more!

Admission: By donation

Don't miss out on this fantastic opportunity
to support local businesses and enjoy a day of
community fun. See you there!

Memorial Walk



Our Annual Memorial Walk is an opportunity
to remember and honor loved ones and
support Bobby's Hospice.

Every year, we must raise over \$1.5M to be
here for others when they need care and
support on their end-of-life journey.

Saturday, September 20 2025

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

Lifestyle Options Designed Around You at Parkland

Choosing the right place to live is about more than just comfort—it’s about finding a lifestyle that suits you now and continues to support you in the future. At Parkland, you can have both.

Lifestyle Options

Parkland offers a full range of retirement living options that adapt to your changing needs, so your style of living doesn’t have to. Whether you prefer a premium apartment with access to services and amenities or need additional support, you can live comfortably with the reassurance of friendly staff, professional care, and extra services always nearby.

With flexible options, personalized support, and elegant spaces, Parkland helps you live the way you want—each and every day.

What lifestyle is right for you?

All-Inclusive

Enjoy a spacious suite with weekly housekeeping, linen service, and daily wellness programs led by on-site coaches. Dine restaurant-style, add services as needed, and take advantage of convenient chauffeur and concierge support—all under one roof.

This lifestyle is perfect for those who enjoy independence but appreciate having support and activities just steps away.

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Assisted Living lets you customize your care to fit your needs, with access to amenities and 24/7 emergency response for peace of mind. Enjoy three delicious meals a day, along with housekeeping and personal laundry services.



Need extra support? Add personalized help with mobility, medication, and daily routines—on your terms. This option is ideal for those who want to feel confident and cared for, while maintaining as much independence as possible.

No matter which lifestyle you choose, Parkland offers more than a place to live. It’s a community where every detail is designed to support your well-being.

From wellness programming and social events to the everyday peace of mind that comes from having professional care nearby, Parkland helps you enjoy the retirement you deserve.

For more information or to book your personal tour and complimentary lunch, please contact us at 1-877-742-663 or visit experienceparkland.com/nb-summer

– See Ad on Back Cover

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Email: Colleenhatfield@live.ca

Please Note: The Flea Market is open all of July, closed all of August. Re opens September 7 th.

Let's work together to put an end to financial abuse and exploitation of older adults

If you or your loved one were being taken advantage of financially, would you know what to do? How to get help? Are you confident that you would recognize the signs?

What is financial abuse?

Financial abuse is often referred to as an “invisible crime” because it frequently goes unidentified and unreported. It may go unreported for several reasons, including not knowing where to get help, fear of losing independence, or loss of a relationship with the abuser. When we think of financial abuse, we typically think of fraud or theft committed by a stranger. But the reality is that it is often committed by those closest to us. It could be a family member taking small amounts of money here and there or someone abusing their authority under a power of attorney (POA).

The effects of financial abuse can cause more than money problems; victims may lose trust in others, become socially isolated, or develop health problems such as depression and anxiety.

Working together to prevent financial abuse

We can all work together to put an end to financial abuse. Here are a few simple ways you can help:

- Regularly checking in on loved ones. Social isolation increases susceptibility of being taken advantage of financially. Phone loved ones, send them a text or email, or use video calling to involve them in your daily life. Just let them know you are thinking of them. Ask them if they need anything.
- Talking about frauds and scams. Let them know that fraudsters and scammers find ways to exploit those who may be vulnerable, especially those living alone. Make them aware of the red flags of fraud and encourage them to ask questions and think seriously before making financial decisions.
- Have an open conversation about financial matters. Have a conversation about a POA, which allows them to choose who they want to manage their financial affairs if they become unable to do so. Con-

article continued on page 4

Travaillons ensemble pour contrer la maltraitance et l'exploitation financières des personnes âgées

Travaillons ensemble pour contrer la maltraitance et l'exploitation financières des personnes âgées

Si vous étiez victime d'exploitation financière ou l'un de vos proches l'était, sauriez-vous quoi faire? Où iriez-vous chercher de l'aide?

Pourriez-vous en reconnaître les signes?

Qu'est-ce que la maltraitance financière?

On l'appelle souvent le « crime invisible » parce qu'elle passe souvent inaperçue et est rarement signalée, pour plusieurs raisons, par exemple, la victime ne sait pas vers qui se tourner pour obtenir de l'aide, elle craint de perdre son indépendance ou bien elle craint que la relation avec l'abuseur prenne fin.

Lorsqu'on pense à la maltraitance financière, on pense habituellement à une fraude ou un vol commis par un étranger. Mais la réalité est qu'elle est souvent commise par un proche. Il peut s'agir d'un membre de la famille qui prend de petits montants d'argent ici et là ou d'une personne qui outrepassse son autorité en vertu d'une procuration. Les répercussions de la maltraitance financière ne se limitent pas aux soucis financiers; il arrive que la victime ne sache plus à qui se fier, qu'elle s'éloigne de ses amis et qu'elle développe des problèmes de santé comme une dépression ou un trouble de l'anxiété.

Travailler ensemble afin de prévenir la maltraitance financière

En travaillant ensemble, nous pouvons contrer la maltraitance financière. Voici quelques façons de faire votre part :

- Maintenez le contact avec vos proches. L'isolement social augmente la possibilité de se faire duper financièrement. Appelez vos proches, envoyez-leur un texto ou un courriel ou bien communiquez avec eux par appel vidéo pour les impliquer dans votre vie quotidienne. Dites-leur simplement que vous pensez à eux. Demandez-leur s'ils ont besoin de quelque chose.
- Abordez le sujet de la fraude. Dites-leur que les fraudeurs trouvent des façons d'exploiter les personnes vulnérables, en particulier celles qui vivent seules. Mettez-les au courant des signaux d'alarme

suite de l'article en page 4



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

Learn how to protect yourself and others.

Visit [Learning.FCNB.ca](https://learning.fcnb.ca) to learn more.

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

Apprenez à vous protéger et à protéger les autres.

Consultez [Apprentissage.FCNB.ca](https://apprentissage.fcnb.ca) pour en savoir plus.

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continued: Let's work together to put an end to financial abuse and exploitation of older adults

sider the advantages of appointing a POA before crisis strikes. A discussion about appointing a Trusted Contact Person (TCP), someone who can be contacted in the event their financial advisor becomes concerned about their well-being, could also help.

The Financial and Consumer Services Commission of New Brunswick offers a free e-learning course, designed to help educate New Brunswickers so they can protect themselves and others from financial exploitation and financial abuse. Enrol today at learning.FCNB.ca

suite: Travaillons ensemble pour contrer la maltraitance et l'exploitation financières des personnes âgées

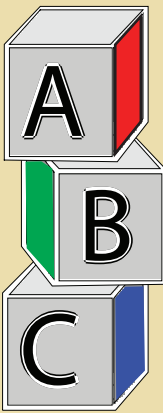
de la fraude et encouragez-les à poser des questions et à bien réfléchir avant de prendre une décision financière.

- Parlez ouvertement des finances. Expliquez-leur l'utilité d'une procuration qui leur permet de choisir une personne en qui ils font confiance pour gérer leurs affaires financières s'ils en devenaient incapables. Pensez aux avantages de nommer un mandataire (sur une procuration) avant qu'une crise ne survienne. Il peut également être utile d'avoir une discussion sur la personne de confiance, à savoir une personne que leur conseiller financier peut contacter s'il s'inquiète de leur bien-être.

La Commission des services financiers et des services aux consommateurs du Nouveau-Brunswick offre un cours gratuit en ligne pour aider la population à se protéger contre l'exploitation et la maltraitance financières. Inscrivez-vous dès aujourd'hui à Apprentissage.FCNB.ca.

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* * *

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Creating Curb Appeal – Spending Time Outside...



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



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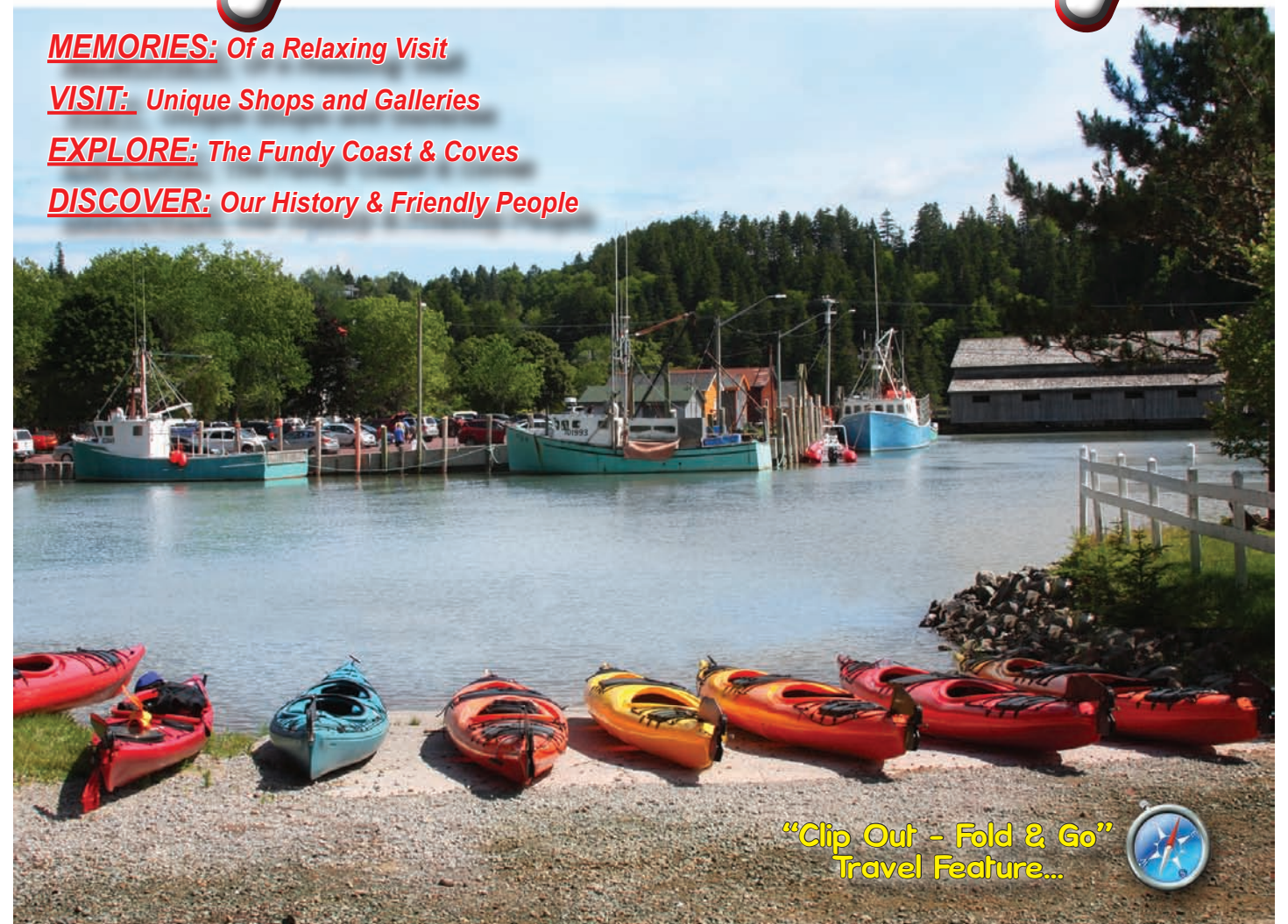
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MEMORIES: Of a Relaxing Visit

VISIT: Unique Shops and Galleries

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DISCOVER: Our History & Friendly People



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- Sights to See • Shopping • Local Events
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Discover the Town of OROMOCTO

Whether you are looking to delve deep into the history of Canada's military and New Brunswick's shipbuilding, relax and get back to nature...
...or just go shopping, Oromocto is the place to visit.

Drop by our Visitor Information Centre, conveniently located at Exit 301 off the Trans-Canada Highway.

OROMOCTO.CA



Discover and explore the beautiful Town of Oromocto. Located just 15 minutes from the capital city of Fredericton, we are a progressive and prosperous community that was initially developed to support Canadian Forces Base Gagetown. Oromocto is also known as a community that is deeply rooted in our diverse culture and heritage. With a population of about 9,000, we are nestled along the Oromocto and Saint John Rivers. These pristine waterways are among the finest in North America! Oromocto is a destination that offers its citizens and visitors alike a wide variety of recreational and cultural opportunities. Oromocto is a great place to spend a day, a weekend or the rest of your life. Come visit us soon! Oromocto – where rivers and people meet

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P Parking Location



- 6 Rockwood Park
- 7 Loyalist House
- 8 Harbour Station
- 9 St. Joseph's Hospital
- 10 Harbour Passage
- 11 Jewish Museum
- 12 Lily's Lake Rockwood Park
- 13 Connecting Pedway
- 14 Barbour's General Store
- 15 Firefighters Museum
- 16 City Hall Offices
- 17 Cruise Ship Wharf
- 18 Boardwalk
- 19 Saint John City Market
- 20 Night Life on the Boardwalk
- 21 VITO'S Dining Room & Lounge

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Admission Fee \$5.00 per person (Children 12 and under Free with Adult)

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
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Visit Flea Markets or Walk on the Ocean Floor, it's all here to enjoy in Southern NB

Perfect Weather Means Perfect Timing for Fall and Winter Home Prep

Summer is the ideal time to weatherproof your home for colder seasons. Invest in your comfort now while the weather is perfect for renovations. Don't wait for the first frost to prepare your home for the seasons ahead. Take advantage of warm weather to complete energy efficient home renovations and maintenance. You'll be happy you did when chilly fall weather arrives.

Easier installation conditions

Weather proofing is always simpler when it's warm and dry outside. Adding weatherstripping to doors and windows is less of a chore on warm summer days. As well, materials like caulk and sealants cure properly in moderate temperatures. Interior caulking projects are easier when you can open windows to air out your home. (Remember to use caulking intended for interior use.)

Window repairs or replacement are simplest during warmer months too. No worries about a summer breeze blowing through the house when windows are being changed. The same goes for door replacement.

Tip: Schedule roof work, gutter cleaning, and exterior caulking for mild summer days when surfaces are dry and accessible. Install door sweeps, replace worn weatherstripping, and add insulation to attic access points. **Clean your heating system while it isn't in use**

The simplest time to clean your heating system is when you don't need it. Change furnace filters, clean vents, and have your heating system professionally serviced before cold weather arrives. Clean chimney and fireplace systems. For heat pumps, remove and vacuum the filter, and clear any debris around the outside unit. Scheduling a contractor to perform a deep cleaning is easier during summer when they're usually less busy with installations.

Catch problems early

Summer inspections can find issues before they turn into costly winter emergencies. You can spot loose roof shingles, damaged siding, or failing window seals while there's still time to fix them properly. Use binoculars to check your roof. Look for cracks in your foundation. Test all windows and doors to make sure they are sealed well. Don't know where to begin? Start with a home energy evaluation

SaveEnergyNB programs delivered by NB Power begin with an energy evaluation to help you better understand what needs to be done. The programs offer incentives as well to help you complete any efficiency projects.

Once you've had your evaluation, you will receive a list of upgrade suggestions. The evaluation report will explain which upgrades will make the most significant impact on your

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Visitez [écoenergienb.ca/choix](https://ecoenergienb.ca/choix) pour plus de détails.

home's energy use, so you can start with improvements that make the most sense.

Winter comfort made easy

Proper weatherproofing eliminates cold spots and drafts that make rooms uncomfortable during winter. A well-sealed home requires less energy to maintain comfortable temperatures, and your heating system works more efficiently when it's not fighting air leaks.

Bonus benefit: Energy-efficient improvements add value to your home and make it more appealing to buyers. Good weatherproofing shows potential buyers that the home has been well cared for. Following these summer prep tips will give you peace of mind when the cold weather hits. Visit saveenergy-nb.ca/choices to get started with your comfort and savings today!

Lonely? Don't Spend Another Long, Cold Winter Home Alone!



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Saint John Regional Hospital – Level B

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!

"Blessed are those who can give without remembering and those who can take without forgetting." – Elizabeth Bibesco

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



42nd Annual

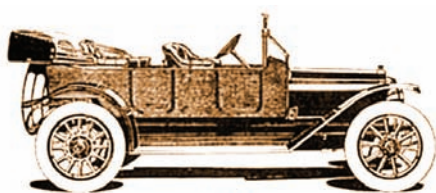
SUSSEX FLEA MARKET

sponsored by the

NB Antique Auto Club Inc.

Princess Louise Park
Sussex, NB
Hundreds of Vendor Lots

– Admission Fee \$5.00 per person (Children 12 and under Free with Adult) –



SIX THE MARITIME SINGER SIX

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

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



Visit our website: www.nbaac.org

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



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 flavonoids (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.

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

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...*

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

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

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

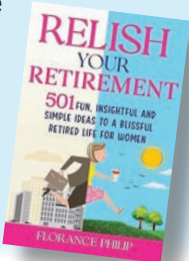
Arthritis and Knee Replacement

Did you know? As Canadians age and develop arthritis, more people are requiring knee and hip replacements. Between 1993 and 1999, when the study was done, 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, which last about 15 years. 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.

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



Information for the 50-Plus Generation

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The person who smiles when things go wrong, has thought of someone they can blame it on...

* * * *

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

* * * *

IT’S TRUE: Keep smiling, it makes everyone wonder what you’re up to...

* * * *

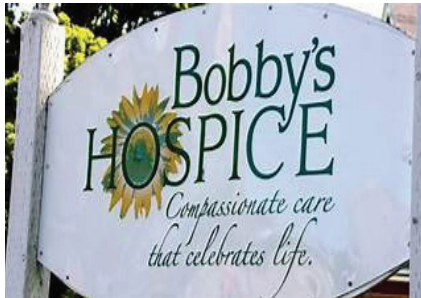
No one ever regarded the first of January with indifference...



Hospice and Palliative Care – What’s the Difference...

A palliative care unit and a residential hospice offer the same quality of care delivered by a team of trained and experienced palliative care specialists. However, a residential hospice offers a non-institutional, home-like environment with lots of space for family use. At Bobby’s Hospice, we welcome family to be here 24-hours a day and provide them with a full kitchen, living rooms, bedrooms and bathroom facilities.

The focus of Hospice care is on comfort, not cure – and on life, not death. At Bobby’s Hospice, our motto is “It’s your journey, YOUR way.” Our goal is to make each person’s last weeks and months of life as comfortable as possible while also providing support to family members and friends.



Hospice is about dignity, respect, comfort, peace and hope. It is about celebrating life and enhancing the quality of living. At Bobby’s Hospice, we help to make a patient’s last wishes come true, like spending a weekend at the camp, or taking a special trip with loved ones, etc. 40% of the funds needed to provide care at Bobby’s

Hospice are provided by the NB Government. The additional 60% must be raised through fundraising. This means, Bobby’s Hospice must raise over \$1M every year to cover the cost of food, medical & general supplies, heat, lights, phone, cable, snow clearing, garbage pick up, equipment and furniture, etc.

It’s caring people like you who support Hospice that make this high level of compassionate care possible to people when they need it most! A donation to our Legacy Foundation is a gift from the heart that will help us care for others when they need it the most. Call (506) 632-5593 for more information or visit our website at www.hospicesj.ca if someone you know needs in-patient palliative care to give a gift.



Remains of Your Loved One... What to do?

In earlier times when a loved one passed a Traditional Burial was the only option. Now that cremations have become popular there are more choices for the family and Cemeteries are constantly adapting themselves to support these choices.

Traditionally one burial plot was purchased for each person, but now cremated remains can be placed in the plot along with another Family Member.

Columbariums are another option as they accommodate cremated remains above ground. In some cemeteries, sections with smaller size lots have been designed for single and double cremations.

We all grieve in our own way, so there is no right or wrong way for handling our loved ones remains.

Some individuals choose to keep the urn at home on the mantle or in the bedroom as a way of staying close to their loved one. While others feel more comfortable in going to a cemetery where everyone can visit on their own time and in their own way.

Some family members do not feel relaxed if the remains are in the home on display. The large amount of visitors to our Cemeteries twelve months of the year validates the comfort of visiting in a cemetery.

Maybe a compromise would be to have the ashes at home for a brief period of time and then choose a burial location.

Safety of the urn is another concern. There are no worries about house fires, water damage or misplacement if the urn is safely in a cemetery.

Spreading of ashes has become popular, however this does not leave a permanently marked location for the family to visit and remember. One option could be to spread some of the ashes and retain some for burial purposes.

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FUNERAL HOME



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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.

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

I helped a family with their monument choice; one parent’s ashes are at home in a double urn for when the other parent joins. Even so, the son told me that after a family event he went to the cemetery where the monument had been placed just to reflect.

In summary: Consider the safety of the Urn and feelings of everyone involved when deciding on what to do with your loved ones remains.

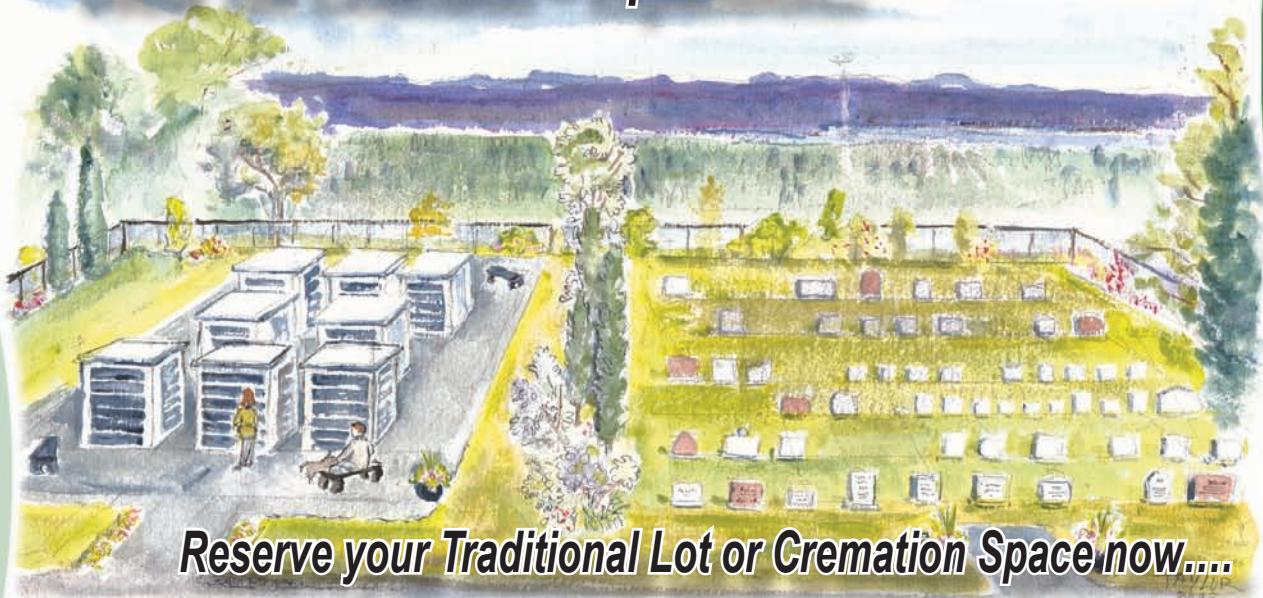
Donna Gray,
Executive Director, Cedar Hill-Greenwood Cemetery



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