



ATLANTIC INSTITUTE ON AGING  
 INSTITUT ATLANTIQUE SUR LE VIEILLISSEMENT



# A DAY for the AGES

November 5, 2016  
 STU Forest Hill center

SUPPORTERS



# Fredericton

November 9, 2016

Hello,

I am pleased to have the opportunity to send along this note to let you know how much I appreciate your contribution at The Day For The Ages - How can we change the conversation on aging in our community? I was able to listen in on many of your discussions and it is obvious to me that older adults are a valued gift in our community. The objective now is to ensure that everyone understands that value.

I have had an opportunity to review the final report and I would like to highlight some of the most important findings from the event. One of the most common ideas that was mentioned in many of the groups is the creation of communities... closely-knit, friendly, walkable, accessible, safe and pleasant "villages" to be enjoyed and inhabited by persons of all ages, but definitely meeting the needs of older adults and those with reduced mobility. Some references to the neighbourhoods of the past brought back a bit of nostalgia to those times, but also a clear desire to bring back what was good about those neighbourhoods. We can certainly work together through Imagine Fredericton to make sure that the City can grow in ways that bring back those elements of small town living. Some of the ways to achieve that are through quality residential buildings mixed with smaller stores, parks and public spaces, community gardens, and safe sidewalks. The need for community centres where services and activities can be offered within walking and biking distance or through the use of an efficient bus system was also mentioned. These were the main ideas related to creating communities and building neighbourhoods that you communicated at the event.

Once again, thank you for sharing your ideas last Saturday. It is now time for all of us to get to work to ensure that the conversation continues and action is taken.

Sincerely,



MICHAEL G. O'Brien  
- MAYOR -

Office of the Mayor    Bureau du mai're  
PO Box 130 (City Hall)    CP. 130 (hotel de ville)  
397 Queen Street    397, rue Queen  
Fredericton. NB E3B 4Y7    Fredericton E3B 4Y7  
[www.Fredericton.ca](http://www.Fredericton.ca)



Summary - Wrap-up at the end sessions.....4

ROUND #1 .....2

    Senior Isolation – Aging in Place.....2

    Daily Purposeful Activity.....3

    Senior Physical Activity.....4

    Interest Education (Non-academic).....5

    Home Support .....7

    Volunteerism .....8

ROUND #2 .....9

    Safety .....9

    Healthy Minds.....11

    Ageism .....13

    Parks & Play Areas in New Developments .....14

    Death & Dying.....16

    Creating a Village in the City.....17

ROUND #3 .....18

    Improving Trails Experience .....18

    Redefining Retirement .....19

    Laughter, Wisdom, Simplicity.....20

    Access to Place of Worship.....20

    Wellness .....22

    Downtown Living.....23

.....24

ROUND #4.....24

    Where will we live when we can't look after ourselves? What are our concerns? .....24

    Bridging the Gap between Generations & Include Everyone.....25

    Working after 65.....26

    Looking for Leadership .....27

    NB Curriculum Framework for Life Long learning & Elder Care .....28



## Summary - Wrap-up at the end sessions.

Some voiced highlights include:

- Access to information? Information may be there but how do we access?
- A lot of programs exist already, we are not aware
- Solutions: Social movements – vs. government – Church groups, community organizations
- How do we reach the people we need to reach
- Social connections
- Spatial connections
- What do we need for follow-up?
- Bring together people with passion
- Fredericton Age Friendly Community (predominantly advisory)
- Website – GFSI and other groups
- Need to extend beyond city limits
- Public statements about seniors need to be more positive
- Where are places for – volunteering, learning skills, awareness
- Resources we don't think about
- Rely less on government more on social movements
- How do we reach larger audience who are not here
- What is a senior? Old labels do not fit anymore
- What is the new reality?
- Rural issues probably somewhat different
- This event is a start
- Open to pursuing singular and rural events
- Mentor space

Next Steps:

- We need leadership –(Age Friendly Committee, Volunteer Greater Fredericton, Greater Fredericton Social Innovation, others?)
- Use available resources ie: websites
- Look at solutions already identified – collaborate
- Greater Fredericton Social Innovation partnerships
- [www.Imaginefredericton.ca](http://www.Imaginefredericton.ca) for ideas and suggestions
- Public statement on what seniors do for our community – positive contributions must be the focus
- Communicate to the media on today's session - highlights
- Our strategy, everyone has a role
- Mindful of how we talk about ourselves (ie: seniors moment)
- Sandi to compile session note and send out to attendees by Wednesday, November 9, 2016.
- Email will contain next step action
- All participants; take home information from today back to the groups you represent – We are all leaders.



## ROUND #1

### Senior Isolation – Aging in Place

#### Community

- Communicate/ Communication
- How do we reach people
- We would like a focus group

#### FLIPCHART

frederictonartsalliance.ca (arts news)

meal app

Concerns

Isolation:

- how to build inclusive neighborhoods
- how to make connections? (seniors to living alone – how to connect)
- those who are not here! How do we reach out
- elder [dog?] – Re-homing
- different interests – different people/one size doesn't fit all
- shared property

Need to know our community:

New Horizons Grant

Moving Library

- seniors story-telling to children
- intergenerational connections

What is in the neighborhood that gets you out?

- engaged/involved
- neighbourhoods - first start small/simple
- same issues over all generations
- new Canadians

Lack of family support – seniors move to family – leaving city – home

High school students – working with seniors

Need foot patrol – then access!

- where are the seniors
- churches role in community – offerings of activities/special interests
- visitation program

Barriers:

- transportation – no family
- (letter carriers alert?)
- assessments need to be individual – what do you want?

Communications:

- lack of knowledge
- central info @ city hall
- know your neighbours

- mobility
- transportation

How do we bring back community?

- help concern
- LHHS – volunteer – senior's community
- Park Street School - [?]

Accessibility:

- to events
- all individuals – each have a name
- mobilize the troops!
- Volunteering needs – how to match people to people – needs
- [www.fanvc.ca](http://www.fanvc.ca)



## Daily Purposeful Activity

- Reduction of family needs (shift of purpose, dependent upon, core belief of circumstances & values)
- Self discovery
- Inclusion or lack there of
- Re-routing your route
- Roles lost (need replacement)
- Planning out (day planner)
- Volunteering stay active – need to find a way to inform about volunteer activities
- Stay in touch with family
- Stay involved in your community
- Keep in mind it needs to be a solution that works for you
- Looking into your heritage (urning)
- Staying informed (can discuss with others)
- Life review – writing your story
- Get involved in clubs (community garden, golden group)
- Make use of library (program for older adults)

## FLIPCHART

Sense of Purpose:

- shift of purpose
- identifying core beliefs and values
- circumstantial
- [stay? story?]
- integration

Inclusion or lack thereof

Self Discovery

Plan

Sense of Purpose – Pull Yourself Together

- shift purpose
- beliefs and values

- plan
- stay informed
- circumstantial
- choice
- individualized

Learning, Yearning & Meaning

- volunteering
- local service clubs & public library
- organizational understanding of volunteer strengths



## Senior Physical Activity

- Motivation – How can we become more motivated?  
From others, faculties  
Winter groups – More consistent and more opportunities
- When establishing activities we need to be aware of costs – due to limited incomes (programs sponsors)
- Social aspect of physical activity – bonus of exercise and social experience
- Activity groups (ex: walking groups)  
Set time & place – coordinators for activities (reminder) – need to disseminate info well –make activities fun – funding grants
- Transportation  
How do we get those without vehicles - using volunteer (red cross) to transport people
- Meet w/ Kate (senior activity coordinator) for collaboration  
what can we do – what are you doing – potential of what is out there
- Affordable memberships for activities in Fredericton – create funding
- Recruit volunteers (co-ordination)
- Age friendly advisory committee – collaborate – how can we help?

## FLIPCHART

### Seniors Physical Activity

- Wednesday walkers
- Folks on Spokes
- well disseminated information
- incentives (fun)
- variety
- winter
- social aspect
- different duration, group size
- partnering with other groups
- motivation – how? - from others
- facility for seniors group, co-ed,
- access to activities
- activity groups by city (set time/place)
- coordination (reminders)
- winter walking groups at arenas
- coordinated approach to create/facilitate motivation of senior activities especially during winter with access for all.
- connecting with programs that provide transportation
- activity calendars dispersed (info)
- Fredericton Area Senior's Activity Co-ordinator (Kathryn Baird)
- partnering participants re: transport
- grants/funding (both public & private)
- affordability (program sponsors)
- meet with city staff for collaboration (space, personnel, funding, programs)
- affordable membership for senior activities around Fredericton (creates funds)
- recruit volunteers (ie/ coordination)
- collaborate with Age Friendly Fredericton & Advisory Committee
- wellness group “meet”



## Interest Education (Non-academic)

- Need infrastructure to support on-going learning to address the developmental needs of seniors
- Learning is critical to continued well-being. This needs to be recognized. Tied to the larger picture of aging. Link to other issues.
- Need opportunities for social connections
- Many resources currently exist but the information is not readily available
- Tapping into the vast knowledge-base of older adults as a resource
- Sharing information/knowledge/skills
- Database – directory needed to have a central place to access information about resources that already exist
- Coordinate where to look for information

**FLIPCHART** - [There were no flip chart notes from this session. These are my personal notes in case they are helpful - Joele]

Existing Resources:

“Man sheds” in Ireland

- bring people together
- more than just tools
- man-talk – opportunities for social connections
- recreation often geared toward women
- model could be adapted

Johnson Ave. Senior Centre

- low annual fee (35.00?)
- can't produce commercial items

“Meet-ups” Fredericton

- hobbies/interests based
- expense??

Colleges for seniors – non-degree

- offer more structure
- Tantramar Senior's College /PEI
- minimal fee – cost must be reasonable
- learn and teach
- wide variety of courses
- over 50

Stepping Stone Senior Centre

- good model for learning
- low annual fee
- variety of programs

PROBUS – Retired Professional Business People

- speakers on variety of topics
- no fundraising
- 1<sup>st</sup> Tuesdays of the month @ Forest Hill United (10 am)

FCNB Mortgage Brokers – Spend Smart Cafe

- prevent financial abuse
- passing along knowledge
- consumer protection

NB Media Co-op Fredericton

Needs:

- transportation – walking distance?
- outside communities – need different model?
- tweak current resources
- get the word out
- appropriate physical activity for active seniors – need challenging options
- matching people with skills with those who want to learn
- directory/database for available resources (not Internet only)

Education as a critical component of aging:

- society sees the need for education of children and for those in the workforce, but nothing for retirement
- need province to understand that there is a tremendous need for education for seniors
- need infrastructure
- lifelong curiosity – need to learn something new
- theoretical based knowledge vs. experience based knowledge (asset)
- continued investment
- shared knowledge
- could benefit community
- goal oriented
- economic business case for investing in continued learning
- need to address the developmental tasks of aging
- people can stagnate
- earlier in life is busy
- helps prepare for dying
- people are turned off learning – used to being measured and compared
- seniors don't need to be measured /compared



## Sharing:

- can pass on knowledge to those who are too busy
- share informally with family/friends
- can be just discussion based learning (ie/ table talk groups) – piggy backed onto senior's lunches, churches, etc.

## Home Support

Need transportation (to appointments, social engagements)

- rural access (no public system)
- wheel chair/walker (access on public system)

## Assisted Care

- personal care – beyond department of social development
- access to information

## In Home Support

- hair, foot care, optician, mobile pet services
- lawyers, handy man services (no job too small)

## Potential Solution - ie/ "Lean On Us" Business

- encourage community creation of "Dial a Ride"
- sharing resources already set up – do nursing homes have resources?
- Ross Drug - free delivery of goods/drugs to
- dispatch resources for transportation

## What's Available? Private

- access to information
- for those who can afford to pay ie/ Halifax
- Karen Lake (Care Network) – network of businesses & services that go to senior's homes
- a list of services that people can turn to for any in home need
- paid for by annual fee to businesses & service providers

## Navigation of Public Care System? What is available?

### Who? Where to Start?

- skilled in-home care workers & access to who they are
- call in line for list of services for in home support like the current senior hot-line currently set up for government services
- library as resource?
- younger generation see this demographic as opportunity for innovation of new businesses

### Next Steps:

- neighbours helping neighbours – volunteerism
- skilled workforce for home care – paid sufficiently for skill
- keeping workers in NB – create economy
- nursing home without walls – reaching community

### Required Education Curriculum

- required gerontology – high school level?
- Reduced cost for post secondary gerontology
- co-op STU

### Limitations/Restrictions of Home Care/Support Workers

- shopping for food so meals can be prepared
- administering prescriptions
- bathing
- management of support to clients – provide consistency and proper support

### Coordination

- complete re-evaluation of the entire home support system and offerings, both public and private



## Home Support

- We need more convenient home support
- Way to find information about support systems
- We need more affordable support
- How do we get more people interested
- We need more educated and support system volunteers
- Create a committee to figure out how to inform about at home & in home supports available from soup to nuts. Private sector has many people who don't know about



## Volunteerism

- Need a one-stop-shop place to access all volunteer information and be matched with interests
- Difficulties in accessing volunteers
- Inclusivity and inter generational volunteer opportunities
- Program Volunteer Greater Fredericton volunteer bank ([www.volunteergreaterfredericton.ca](http://www.volunteergreaterfredericton.ca))
- [www.fanvc.ca](http://www.fanvc.ca) can send volunteer opportunities
- Volunteer fairs in the future by new government grant

### Volunteerism - FLIPCHART

- Volunteer Greater Fredericton – Volunteer Bank
- Makerspace – The Ville
- York Care Centre - looking for volunteers
- Community Soup Kitchen
- Salvation Army
- helping students
- reading in Schools
- Feed the Lions (LHHS)
- Victim Services
- Neighbour Link
- fanvc.ca
- Caregiving – yellow pages
- Caregiving handbook – City of Fredericton

### Interests:

- difficulty accessing volunteers & sharing opportunities
- encouraging others to sign up
- need a “one stop shop”
- need for info to be posted other places aside from Internet
- personal interests
- volunteerism across the ages (ie/ Hospice)
- intergenerational
- involving others who don't have access
- involving older adults in classes, etc.
- transportation, reading, etc. spending time with others
- inclusivity
- replicate Volunteer Canada – matches interests to volunteer opportunities
- new initiatives starting
- grant to encourage volunteering, advertise opportunities & connect
- solution – volunteer fairs
- change the message of volunteering
- wellness & health



## ROUND #2

### Safety

- FCNB Financial services
- Senior Advisory Committee
- Perception of outdoors negative – conditions of trails – sidewalks
- Home audits
- Fraud lack of education
- Community safety – negative perception
- How do we make the connection?
- What can we do to make home safe?
- Community safety presentations to educate patrons who believe the city is unsafe
- Safety on our streets, trails, homes
- Fraud education – what is fraud? How is fraud committed? Ongoing statistics – what to do
- Communication plan – how do we send it out? Newspaper, power bill, radio,

#### ADDED from LED Lighting

- LED lighting is too dark, need to be right under it
- Unsafe to walk at night – too dark – sidewalks – who is responsible?
- Cyclists on sidewalks on Queen Street

### FLIPCHART

Police Advisory Committee

Fraud

Outdoors

- perception – negative – as reality
- conditions of trails
- sidewalks

Homes – audit

Community – neighbourhoods

Accessibility

What Needs to be Done?

Fraud: education!!!

- what fraud is? who commits fraud?
- media, radio, library, city website, crime

community meetings, website,  
telephone calls, schools, community  
mailbox notices

Our Plan

- Education – policy – lighting
- Maintain sidewalks and curbs
- Cleanliness of sidewalks in winter and parking
- Safety – telephones for safety – cell phones used for 911 emergency access – cell phones for everyone
- Refurbish phones and give to those who don't have one
- Lifeline or community program initiative that is run by volunteers
- How can we maximize the resources to our advantage?

- Bike patrols are helpful
- Blitz for tickets
- Follow up with city council issues
- Who teaches rules of the road for bike safety?

map, churches

- isolation
- schools, neighbours
- notices on mail boxes
- ongoing stats
- what to do?
- appropriate messages from no-numbers

Community Outdoors

- education
- information
- ongoing stats
- policing



- lighting
- sidewalks – maintained/clear (curbs) - even disabled spaces
- emergency phones – refurbished
- old phones – free like computers
- does provider have a plan for above?
- lifelines

#### Plan

#### Educate

- community
- yourself
- neighbourhood watch

- block people

#### Who has the appropriate info?

- city
- volunteer groups/organizations
- telephone info calls
- T.V. (like an Amber Alert and weather)
- radio – allow time for PSA about fraud, etc.
- municipal – federal – provincial

Results of education – focus on positive rather than fear



## Healthy Minds

- Mentor Space & Maker Space
- Benefits of early interventions ie: at 50 yrs
- Access to information re: "mind" to support individuals & caregivers
- Connecting with youth
- Continuity of care
- Grief, loss, mental health
- Healthy living
- Chris Wilby create a mentor database
- Continuity of care – access city-wide info page, Volunteer Greater Fredericton to build
- Collaborate with other organizations
- Motivate/encourage others to join –outreach
- Create common interest groups

## FLIPCHART

- lifelong learning (cultural shift)
  - learning, mentoring, giving wisdom (back and forth)
  - staying motivated, getting out there
  - wider understanding of purpose for educating self
  - space available for learning (The Ville), opportunity to teach (Fredericton Makers space)
  - healthy minds involve environmental factors (eating, physical activity, sharing, media, keep active)
  - dealing with grief & loss, mental wellness (stigma, support, recognition, personal development)
  - knowing what you need to stay/gain balance
  - continued development – need for continued learning
  - "Mentor Space"
  - understanding/talking re: dementia/Alzheimer's
- how does a family care giver cope/deal with such situations
- where is the information – resources
- info/ (?) in a timely manner
- integrated system
- benefits of honey – food for the brain
  - what are we consuming?
  - change the conversation earlier – proactive at earlier age
  - cultural/social shift
  - multi-generational issue
  - benefits of community building (youth – older adults)
  - continuity of care
- ### Mentor Spaces
- networking
  - library, FHS, UNB (engineers)
  - Makerspace – Chris @ The Ville
  - create programs
  - successful over quantity
  - must be functional
  - AD's
- ### Continuity of Care
- know your own health, advocate for self, question
  - primary care role less [tor?] down
  - partner with primary caregiver
- ### Access
- city wide info page & calendar
  - Volunteer Greater Fredericton – matching people database



- community events part of paper

Opportunity for lifelong learning

- build community
- connect older adults & youth (schools)

Grief, Loss & Mental Health

Healthy Living

- stay educated
- think critically

Stay connected, share knowledge & resources

Motivate participation



## Ageism

- Value of seniors – must find a way to help larger society recognize this
- Ageism of today has been a long-time developing – needs time to change
- Discussion around language – do we attempt to change ageist language (media, as individuals)
- Intergenerational connections to combat ageism. Volunteer opportunities to match generations.
- Evaluate the advantages/disadvantages of senior's discounts, pensions, etc.
- Educations around language
- Tackle real-life opportunities for education
- Positive intergenerational opportunities

## FLIPCHART

- negative
- media
- individuals – diversity
- ageless self
- not valued
- positive aspect of life
- respect
- change thinking – advantage
- special time
- change way we think to more – growing – turn paradigm on its head
- empower – not do everything for
- power of language - “ism”
- stereotype all generations
- political correctness
- exciting time to be living as older person
- autonomy – independence important
- intergenerational perception – how do we make connections/see value in the wisdom and skills of older people
- learn from First Nations
- raise value of seniors – familiarity through structured program, school, volunteer
- concept of aging is historically based – built over time – our assumptions are out of step
- “old” has negative connotation – less than undesirable
- tacit understanding in some workplaces – once in 50s – looking for retirement package
- assumptions – employees over 50 want to leave work
- senior discount – good or bad?
- 50, 55, 60, 65 – at what age do you become a senior?
- cultural understanding of age differs
- how do we change assumptions? – celebrate aging and value knowledge
- language of media – use of “still” as a modifier (ie/ “still” drives, “still” works)
- humour helps – building understanding
- build intergenerational connections – role models
- not structured or organized
- each one teach one





## Parks & Play Areas in New Developments

- No parks and trail systems, etc being developed in new build areas
- Indoor spaces many do not know about them
- Parks and trails are not created until later
- People may be willing to pay more to have outdoor activity space in place (apartment buildings, etc)
- David Kelly trail unfinished. Trail to nowhere (unfinished)
- Safe, well lit parks and trails in newly developed areas of the city
- Multi-age friendly parks, open space, manicured, seating/benches, gardens, shaded space, dog poop bags, level walking, trash cans, exercise
- Mobility challenges need equipment – pave trails
- Approach city planning to change the priority of when these spaces are complete
- Perhaps developer AND municipality collaborate early in the project
- Lobby municipal planning
- Approach counselors of the city – trail to honour Davis is not honourable
- Age friendly housing – like Ireland to include all the needed recreational activities
- Downtown block trail like Amherst, NS. Everyone walks it at lunch

### FLIPCHART

mobility, space that can accommodate our changing lives

- socially & mentally stimulating activity

Side note: Younger generation

Service credits

- creates intergenerational relationship
- create new business ideas
- combine interests & abilities
- curriculum in high school

Parks and Play Areas in New Developments

- trail systems in new developments seem to have no parks or safe walking areas
- developers don't create the park until the very end it seems - perhaps it's the city delay (due to taxes?)
- approach city planning to change the priority of when these spaces are completed
- benefit for developer - more desire to live in that area
- perhaps developer and municipality collaborate to get it done early in the project
- people may be willing to pay more to get in a developed area with outdoor activity space in place

Should be:

- safe
- well lit
- chip sealed
- paved
- emergency call phones
- charging stations
- washrooms

Lobby Municipal Planning

- the David Kelly trail (well respected connector) is now being called the "Kelly trail to nowhere" – very sad

Indoor Spaces - many don't know about options available & free

- Willie O'Ree
- Grant Harvey?
- mall – Regent – Brookside?
- Aiken Centre?
- Beaverbrook Rink

Minimal Costs

- Fredericton Indoor Pool
- Nashwaaksis Field House
- Stepping Stone

Park Space - multi-age friendly



Seniors look for:

- open space
- somewhat manicured
- public gardening
- seating/bench
- washrooms
- shaded space
- dog poop bags
- level walking

- trash cans
- exercise stations (or along trails)
- mobility challenged alternatives
- wheelchair accessible
- charging stations

Promote downtown walking by marking,  
measuring a loop



## Death & Dying

- We need to normalize the word death. It should not be a forbidden word
- We have no support within institutions (hospitals & nursing homes)
- We have pre-determined notions of death
- You can have a good death. It is not always bad
- We need to start talking about death more
- Create more therapies for those who are grieving and coach people through grieving
- Train more people to face death with acceptance and not force them
- Have everyone realize death is a part of life we need to accept it

### FLIPCHART

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• unacceptable – societal</li> <li>• autonomy – personal choice</li> <li>• loss of autonomy (ie/ dementia)</li> <li>• fault – finger pointing – nursing home</li> <li>• unpleasant</li> <li>• assisting dying – family issues and grieving</li> <li>• lack of support</li> <li>• neediness (widowhood)</li> <li>• hospice care</li> <li>• alone &amp; coping</li> <li>• positive attitude</li> <li>• sense of humour</li> <li>• focus on grieving – help</li> <li>• churches “grief share”</li> <li>• funeral home – candlelight services</li> <li>• normalize “it”</li> </ul> | <ul style="list-style-type: none"> <li>• learning – release</li> <li>• from other societies – learn</li> <li>• lack of trust – institutions</li> <li>• left as individual to cope</li> <li>• no communication/follow up</li> <li>• professionals feel left too!</li> <li>• failure = death</li> <li>• death should be valued</li> <li>• “good” death</li> <li>• plan &amp; talk in advance</li> <li>• denying the dying to express feelings</li> <li>• hospice – allowing patient to have say and talk</li> <li>• Dr. Bernie Seagle books</li> <li>• why women live longer</li> <li>• “bad” death – Hollywood</li> <li>• transparency</li> <li>• myths of dying</li> <li>• information sharing</li> </ul> | <ul style="list-style-type: none"> <li>• “one hit” call – what's happening</li> <li>• respect dying person</li> <li>• dying in home vs. hospital</li> <li>• funeral home – 1<sup>st</sup> experience</li> <li>• red lantern story (Eileen)</li> <li>• disrespectful – youth – desensitized</li> <li>• meaning in life &amp; contributions</li> <li>• death doula/midwife</li> <li>• last Tues of month, 2-4 (death cafe) @ Fredericton library</li> </ul> <p>DNR</p> <ul style="list-style-type: none"> <li>• form difficult</li> <li>• met with doctor</li> <li>• ignored by medical staff</li> <li>• not trained in death</li> <li>• healing</li> </ul> |
|---|---|---|



## Creating a Village in the City

### FLIPCHART

- Queen St.
- transit
- parking
- walk-ability
- More villages
- Community centres (ie/ Stepping Stone)
- Fredericton resists change
- More [?] will force change
- Areas being developed without parks or places to bring generations together
- Big box stores take over from corner stores
- Lack of neighborhood meeting places
- Need density to support neighborhoods
- Victory/Peter's – Fredericton doing well in some areas
- Returned to live in the old community. It is here. [diagram]
- a community gardening
- community centre/clinics
- coffee shop
- tax breaks for small operators?
- Structures may be the same but we behave differently
- Kids don't walk – sense of security gone
- Gagetown has built community sense
- Activities to pull people in

#### Principles of community

- options for learning/safety (more important than services)
- churches
- communities can be larger than geography
- different communities

#### Actions?

[frederictonartsalliance.ca](http://frederictonartsalliance.ca) – arts news weekly (free)

Go to [imaginefredericton.ca](http://imaginefredericton.ca)



## Improving Trails Experience

- Safety on the trails and sharing the trails respectfully
- Benches, washrooms, water
- Safety at night and children
- Are the trail patrols effective?
- By-laws exist approaching bicyclists should ring bells, speed on trails, etc., need to be enforced
- Volunteers to help educate about the trails
- Approach city - charging stations, washrooms, garbage cans, water fountains, benches, with identification numbers for safety locating
- Webcams on the North end of walking bridge

### Steps

- Trails coalition Volunteer Greater Fredericton may have volunteers who can help with education
- Folks on spokes could become involved
- Connecting with Kinesiology department – volunteers to record stats

### FLIPCHART

- by-laws regarding bells and informing those ahead – signs
- safety (night, children)
- benches
- washrooms
- charging stations
- shelters
- water
- get info on what is happening
- patrolling (web cams?)
- education

### Next Steps:

- trails coalition to do education campaign – City Police
- connect with VGF (Volunteer Greater Fredericton)
- Folks on Spokes (connect to coalition)
- connect to Running Room
- January meeting of coalition to consider our report
- kinesiology



## Redefining Retirement

### FLIPCHART

- not “lady” of leisure
- what is your image of retirement?
- retired – program to ID your skills
- what if you loved your work? Need to learn what you want to do now
- loss of contacts
- will not retire as long as you can learn
- retirement – what do I let go of?
- remain active – stay connected, share knowledge
- new ways of thinking
- opportunity to start own business
- flexibility in what you do
- doing a different “job”
- what about no pension – cannot stop working
- options to transition to retirement – volunteering
- how to find a purpose in retirement
- 3<sup>rd</sup> stage – positive
- do what you want now - do it!
- learning and mentoring
- post “retirement” jobs after the “magic” date

### Actions

- put out info – celebrate/acknowledge what seniors do in community
- put value on contribution

- silver wave census - # hours volunteered to non profits (Canadian survey on giving & volunteering)
- welcome new retirees to volunteer – match people to need
- speakers series - “changed the world after 60”
- share your life – write your biography

### Summary

- some cannot retire - some will not retire
- transition phase - financial issues
- ongoing learning
- recognize the contributions of retired persons
- why is there an age?
- “career” planning though older
- job is overvalued so retirement is undervalued
- retired persons not a drain
- no value put on volunteering
- what I want to do not what I have to do
- not enough time to get everything done
- making your contribution to the community is your “work”
- live outside a box
- coming into your own



## Laughter, Wisdom, Simplicity

- Laughter – value of humour in challenging situations (Joy) good for the soul
- Wisdom – value of life experience, but also application to everyday life (not necessarily connected to intelligence/education)
- Simplicity – value of putting life in perspective – reducing things to their basic layers
- Need to find a common language intergenerationally
- Older adults are open to continued laughter, wisdom – simplicity – beyond worry about expectations
- Gather reflections on the words, laughter, wisdom, simplicity – imparting nuggets of wisdom (pearls if wisdom) in bite – sized pieces. Possible public education topic
- Connection to narrative (story writing group)-more if this
- Intergenerational discussions around laughter, wisdom, and simplicity (collect thoughts, perspectives from different ages and generate conversations)

### FLIPCHART

- ask high school students to write their version of one liners (LWS)
- value of laughter in outreach workforce
- laughter and humour in everything
- funny sometimes weird
- value of laughter & simplicity – good for the soul
- how laughter, wisdom and simplicity fit with ageism
- laughter to survive
- simplicity in the moment
- laughter & simplicity great stress relievers
- joy of a good laugh
- wisdom with age
- laughter as a mainstay of growing up!
- communications & laughter
- one-liners – engage seniors for their view on these pearls of “wisdom”
- simplicity & aging?
- Age Friendly Advisory Committee – website for extra comments (a gossip column)
- heartfelt humour
- simple ideas that lead to heartfelt experiences of respect
- good memories
- old & young sharing a good laugh and learning to enjoy one another's company



## Access to Place of Worship

- Collaboration between churches to serve congregation re: mental health – addiction –marital issues – social needs
  - Church services need to be tiered – in-house worship – outreach
  - Outreach – how do we reengage the belief of our faith based communities?
  - How do we change the conversation of faith?
  - Utilization of parish nurses
  - Remove stigma associated with religion and being labeled as religious
  - Access of faith communities to government programs ie:Leadership, increase volunteerism and community outreach
  - Access – public transport system availability to transport to church
  - New development areas do not have designated areas of worship
  - Gathering in smaller groups
- Next Steps
- New horizon grant for seniors and other grant systems

- Identifying and forming relationships to connect with greater community
- No requirements in city rural planning for places of worship

## FLIPCHART

Collaboration between churches to help better serve the congregation on pressing issues:

- mental health issues
- addiction
- marital issues
- food/shelter (social needs) \*growing need

\*Note: Many churches outreach beyond their own congregation. Side note: changing the conversation of faith community

### Access to Places of Worship

- public systems availability for transportation to church services (this demographic often doesn't complain)
- new development areas do not have designated areas of worship in development plans – should be!! This can be a win for municipalities as churches serve their communities in amazing ways.
- ie/ spiritual needs, physical activity, social needs, home support, education
- remove fear of it being labeled “religious”

- faith communities have a burdened heart to help
- get faith community leaders access to programs (ie/ leadership training to help increase volunteerism)
- can't stress enough – they are a resource who themselves are in need and committed to serving

### Assisted Living and Nursing Home Services

- value in consistency/relationship
- can often help residents be less fearful because their spiritual growth and connection exists
- there is a willingness in faith communities to fill gaps like this
- families of residents should be part of this where possible
- transportation idea could be in collaboration with nursing homes and use of their vehicles to transport to church services





## Wellness

- There are many different ways to help fitness without using medication
- Wellness is a state of mind and body
- There needs to be a focus on not only physical but mental wellness also
- Wellness is about doing the things meaningful to you
- It needs to be more affordable for fitness to help with wellness
  
- We need to look at different remedies to illness, or problems that is not medication from a doctor
- Put more focus on mental wellness of older adults
- We need to look at people's strengths than weaknesses when it comes to wellness
- We must be more understanding for why older adults have a problem with wellness when we are in good physical health
-



## Downtown Living

- Defining – What is downtown?
- Safety improvement to create a desire to be outside
- Need for development to bring more people to area
- Need: affordable – accessible – safe housing
- Safer / more clear bussing & routes
  
- Create a directory of services for older adults in phonebook
- Better more clear signage
- Connect neighborhoods
- Do more to accommodate walking/biking less for cars during development
- More lighting at night
- Mirror MCAF's newcomer community supports/welcoming for seniors
- Learn more about levels of rent costs
- Car share initiative

### FLIPCHART

- rentals and condo living – not only topic of downtown
- great potential
- affordable living in downtown – necessity
- accessibility & safety must be improved
- busing safety & accessibility – loitering
- inclusive of ALL people – providing services for all
- safety – especially at night, better lit

### What Can We Do?

- survey re: needs
  - better lighting from city
  - notion of neighbourhoods – connected members and businesses
  - connecting communities
  - Define Downtown
- Dundonald and down
  - Delta to University
  - bottom of hill to river
- Collaborate with Cultural Development
  - Directory of Senior Services – availability
  - phone book
  - better phone services
  - Better signage



## ROUND #4

### Where will we live when we can't look after ourselves? What are our concerns?

- Where do you want to live? – home/home environment – grandparent suite – baba yaga – long term care
- Concerns  
adequate supports – adequate \$\$ - by-laws around – granny suites – in-law suites – garden homes – loneliness
- Make my care situation easy for my family (“I will like it” )
- Summer / winter needs
- Recreation needs
- Quality of life
- Need alternatives that address the varied needs of individuals as they age
- Look into various models of care (not one size fits all)
- More services to keep people in their homes – change mindset of where seniors age and receive care
- Need for cost effective care
- Discuss your care wishes with those who are close to you

#### FLIPCHART

[went around the circle asking both questions]

#### Where?

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>• don't know</li> <li>• too young to know</li> <li>• Alleira community based</li> <li>• continuum of life values</li> <li>• own home</li> <li>• at home (die with boots on)</li> <li>• home</li> <li>• camper in daughter's yard</li> <li>• sister's house</li> <li>• home or in-law suite</li> <li>• home or in-law suite</li> <li>• Babayaga model</li> <li>• home</li> <li>• long term care</li> <li>• home with support, then</li> </ul> | <p>nursing home</p> <ul style="list-style-type: none"> <li>• LTC plus assisted dying</li> <li>• home (adapted)</li> </ul> <p>Concerns:</p> <ul style="list-style-type: none"> <li>• not knowing where is a concern</li> <li>• enough workers?</li> <li>• will resources be in place?</li> <li>• enough supports in place</li> <li>• sufficient organization of services</li> <li>• homelessness of others</li> <li>• provision for family members</li> <li>• adequate services</li> <li>• future care</li> </ul> | <ul style="list-style-type: none"> <li>• loneliness</li> <li>• bylaws around in-law and garden suites</li> <li>• financial</li> <li>• need for care</li> <li>• how to create/adapt the Babayaga model</li> <li>• enough support</li> <li>• workers when needed</li> <li>• “I will learn to like it” - making things difficult for family members</li> <li>• winter living needs</li> <li>• entertainment &amp; activities</li> <li>• enough support</li> </ul> |
|---|--|--|



## **Bridging the Gap between Generations & Include Everyone**

- Multi-generational participation and programming
- Community development to create links and skills sharing
- How do we find out about opportunities?
- Sharing family stories – start with your own family – getting to know neighbours and others
- Need to not only be focused on one area – multipurpose complexes instead of “this is just for ..” multi-generational programming
- Connecting schools with older adults to share knowledge and skills
- Adjusting expectations (from the point of view of the senior)
- Broader view to include all, not just family
- Creating interaction forums between all generations
- Bridge the gap by using technology between generations – can be beneficial
- For older adults to find out about volunteer opportunities with youth etc. – book of volunteer opportunities available (called age friendly Fredericton directory) – available online, at city hall being revised soon
- Starts with us being inclusive in big and small ways – make it a personal goal. “Be the change you wish to see”
- Events and forums to engage the community at a local community center. “meet & greet” to connect with others.

### **FLIPCHART**

include all members in events

- multi-generational participation
- community developments that create links
- daycares in senior complexes, summer camp, career days, bring your grandparent to school day
- no isolation
- fostering community – skill sharing
- sharing family history
- travel with other ages
- 3D thinking – multipurpose complexes
- connecting schools with older adults to share knowledge & skill
- multi-generational programming
- adjusting expectations (fr. Seniors)
- volunteer in schools/youth areas (esp. ELF)
- inclusion to mean all people in all situations – broader view
- build healthy communities (broader)
- creating interaction forums (facilitating opportunity for quality conversations between generations)
- Age Friendly Fredericton Committee, online City Hall, Service NB
- encouraging youth to get to know the people around themselves
- technology sharing between generations
- connect with environment (give it more thought)
- make it a personal goal
- “be the change you wish to see”
- blockparties
- create forums/social event (ie/ The Ville Meet 'n' Greet)



## Working after 65

- work redefined/re-imagined
- what is your contribution?
- a reality now – keep working
- retire and start another
- low stress “job” - maybe volunteer
- frank.ca
- keep working!
- are you what you do?
- limits to contributions to pension plan
- when are you going to retire? (75, 58, 62, not retiring?)
- “value” of what you do affects you mentally and that also affects your physical health



## Looking for Leadership

### FLIPCHART

Integrate – separate leader and leadership

Anyone can do effective leadership

4 things:

1. where do you want to lead to? (clear picture)
2. once there, can't do it by yourself – need to enthuse others
3. provide necessary resources to bring to reality
4. get out of the way – and applaud

If you leave out or fail in a step it all crumbles (ie/ Hitler wouldn't get out of the way, Churchill lost passion in election).

Struggling in:

- the workplace – no leadership
- volunteer – where responsibility falls on one person – given all roles – carry burden

So many looking for leaders, not leadership (& requirements)

Old system of selection – successful about [30?] % of the time.

How do we change this process?

- Pathfinder use and results

Role of governance in 4 issues

- figure out what community wants and needs
- don't rely on the hero (that's the leader – separate from leadership)



## **NB Curriculum Framework for Life Long learning & Elder Care**

- Adult learning mentally physically and spiritually
- Working together, between ages to learn
- Want to take a development learning for children and apply it to older adults
- We need to support the people in nursing homes with cognitive improvement
- We are always learning and developing even in death
- We need to create many different learning techniques at different levels so we can appeal to many older adults
- We need to address developmental tasks that we do no implement