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50+ Newsletter



January 2025 • Issue 1

New Brunswick Senior Citizens Federation

www.nbscf.ca 

Supporting Mental Wellness with the Canadian Mental Health Association of New Brunswick (CMHA of NB)

The Canadian Mental Health Association of New Brunswick (CMHA of NB) is a grassroots organization dedicated to providing essential mental health services in communities across the province. Whether supporting those living with mental illness or promoting overall mental wellness, CMHA of NB offers a variety of presentations, programs, support groups, workshops, and advocacy efforts tailored to meet the unique needs of each community.

Every year, CMHA of NB programs help more than 75,000 people! This vital work ensures that mental health resources are accessible to everyone, including children, youth, adults, and seniors.

PROVINCIAL PROGRAMS AND SERVICES

CMHA of NB responds to local needs through several impactful programs, such as:

Changing Minds: Reducing stigma, fostering understanding, and promoting

positive change for mental illness.

Living Life to the Full: Providing tools to help regain control and live life to the fullest.

Applied Suicide Intervention Skills Training (ASIST): Learning to recognize and support individuals with thoughts of suicide.

Mental Health Works: Offering workshops to improve workplace mental health for employers and employees.

SAFETALK: Teaching participants to become suicide-alert helpers.

SPECIALIZED PRESENTATIONS

CMHA of NB also offers core presentations delivered by trained facilitators on topics such as:

- Self-Esteem for Adults
- Nurturing Self-Esteem in Children
- Work-Life Balance
- Positive Attitude for Adults and Youth
- Suicide Awareness
- Stress Management
- An Overview of Mental Health
- Anxiety and Depression



Canadian Mental Health Association
Mental health for all

- Seniors and Aging
- An Overview of Mental Illness

SUPPORTING SENIORS

Mental wellness is crucial at every stage of life, including as we age. **Programs like Seniors and Aging** provide insights and tools to help older adults navigate life's transitions while maintaining mental health.

For more information about these programs or to bring a presentation to your community, visit the CMHA of NB website (<https://cmhanb.ca>) or contact:

Canadian Mental Health Association of New Brunswick
557 St Mary's St
Fredericton, NB, E3A 8H4
Telephone: 1-888-357-8442
E-mail: info@cmhanb-acsmnb.ca

Let's work together to foster understanding, reduce stigma, and create a healthier, happier New Brunswick!

New Year's Resolutions for Seniors: A Fresh Start for 2025

While your life might look different now than it did when you were younger, it's never too late to set meaningful goals and work towards a brighter future. These New Year's resolutions for seniors are designed to inspire you to embrace growth, connection, and self-improvement. Remember, it's never too late to improve your life, no matter your age!

10 New Year's Resolutions for Seniors

1 Eat Nutritious Foods: Prioritize nutrient-dense meals to boost your energy and overall well-being. Small changes in your diet can make a big difference to your health.

2 Move Joyfully: Find physical activities you enjoy, whether it's walking, dancing, or yoga. Staying active supports your heart, strengthens joints, and reduces the risk of falls.

3 Learn Something New: Always wanted to learn a language, play an

instrument, or try a new hobby? Now's the time! Lifelong learning keeps your brain sharp and your curiosity alive.

4 Build Connections: Stay in touch with old friends or make new ones. Loneliness impacts health, so make socializing a priority. Consider joining a club or participating in community activities to meet like-minded people.

5 Organize Your Life: Use this year to tackle life's practicalities—whether it's creating a will, organizing your finances, or decluttering your home. Simplify for peace of mind.

6 Prioritize Quality Sleep: Don't settle for restless nights. Create a soothing bedtime routine, and consult your doctor if sleep issues persist. A good night's rest is crucial for overall health.

7 Stay Creative: Explore your creative side with art, writing, or music. Creativity enhances mental function and can bring immense joy.

Revisit an old hobby or try something completely new.

8 Share Your Life Story: Your family cherishes your memories. Document your life for future generations through scrapbooks, photo albums, or written memoirs.

9 Embrace Technology: Keep up with the digital world. Learning to use new technology can help you stay connected with family and access valuable resources.

10 Be Your Authentic Self: Speak your truth, share your feelings, and embrace who you are. It's never too late to be your most genuine self.

Start the year with purpose and passion. These resolutions can help make 2025 a year of fulfillment, growth, and joy. Which goals will you set for yourself this year?

Do you know how much your long-awaited retirement will cost, and what steps you need to take to get there?

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