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September 2023 • Issue 9 New Brunswick Senior Citizens Federation www.nbscf.ca

Older Adults: Learn to Live Well

With back to school this week, Horizon's Collaborative Care Seniors Health reminds older adults it is never too early or too late to learn how to live well and stay well.

In partnership with groups and professionals throughout New Brunswick, they recommend the following health education resources for seniors:

- **Aging in New Brunswick.** This free guide was developed by St. Thomas University through a research program. It can be downloaded online in English or French. Paper copies are available at public libraries in the province. Older adults may

request a paper copy of the guide by calling 2-1-1.

- **Finding Balance NB.** This website <https://www.findingbalancenb.ca/>, provided with support from Trauma NB, has a goal of reducing falls and fall-related injuries in older adults. Falls are one of the leading causes of injury-related hospitalizations for Canadian seniors. The website provides helpful fall-prevention tips. A paper fall-prevention kit is also available through Horizon.
- **The Alzheimer Society of New Brunswick offers programs and resources for people living with dementia as well as their families**

and friends. For information, call 1-800-664-8411 (toll free) or go online at: <https://alzheimer.ca/nb/en>

- **Advance Care Planning Canada.** This website <https://www.advancareplanning.ca/> helps people make decisions and plans relating to their future health care and personal needs. People who do not have access to the internet may call 2-1-1 and request information about Advance Care Plans, an Enduring Power of Attorney for Personal Care, or Health Care Directives.

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Funding under the Community Services Recovery Fund

The Honourable Jenna Sudds, federal Minister of Families, Children and Social Development, recently announced that projects funded under the Community Services Recovery Fund (CSRF) have begun. We are now able to share the good news that our project (for which Lise Guignard, our office manager, had applied) has been funded and we are receiving a grant of \$42,201.60 (\$29,541.12 has already been deposited into our account, and the balance will be added halfway through the project). The Canadian Red Cross team is happy to be part of our organization's journey towards adapting and modernizing for pandemic recovery through our project. Investing in updating our organization's Strategic Plan, Policies and Committees' responsibilities and updating our computer systems at the office will be big parts of our project.

The NBSCF has been working to revamp its documentation. Our organization started in 1968, and the last updates

had been done in 2010 and some in 2015, so lots of it needed to be reviewed and updated. Some documents were only available in paper form, so we would like to have everything added to our computers. We are also looking at upgrading the office equipment and programs.

Throughout the duration of the project (May 2023-2024), our office manager will be the central person guiding the project and taking care of all office/paperwork related parts. She will also help with scheduling, reserving boardrooms and hotels. She will take part in all meetings (Committees and Board) to take the minutes and act as a central connection to all involved in the project. This project will become a big part of her tasks for that period of time, so a part of her salary will be covered by the grant. Other expenses include office supplies, project equipment, translation, travel expenses for Board and committees, administration fees, etc.

Our Federation is not government funded, so our only sources of revenue come from our membership (Individual, clubs and affiliates) and our weekly 50/50 lottery. When the province went into red during the pandemic, we had to stop our lottery completely for many weeks because our tickets are sold in stores and at the office and we did not want to risk that seniors go out to purchase their tickets. Many of our seniors' clubs also closed down completely for the past 3 years, so our membership cards sales went down by more than half. We had 14,000 members before the pandemic and less than 7000 during, we have slowly risen back to 11,000 for 2023. Many clubs are reopening up now, and others had to close permanently because they didn't have the funds to continue. This all had a huge impact on our revenue. This project will support our organization's need to update and modernize according to the ongoing changes and needs of our volunteers and employees.

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- **The New Brunswick Department of Social Development** developed this website <https://socialsupportsnb.ca>

to help seniors, their families, and caregivers explore government programs and services available

for older adults in the province. People who do not have access to the Internet should call 2-1-1.

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