



Newsletter

Fredericton - A Community for All Ages

Are You Prepared?

The recent wildfire emergency in Alberta reminds us that a catastrophe can occur anywhere at anytime. If you had to evacuate your home with 3 hours notice, would you know what you should take with you? What if you only had 1 hour's notice?

As a result of fires in the Southern United States, emergency preparedness officials created "The 8 P's" list - what to consider when packing your vehicle for an emergency evacuation. This list will help you be prepared for something we hope never happens - but could!

1. People & pets
2. Papers, phone #'s, passport etc
3. Prescriptions, dentures etc
4. Pictures, Irreplaceable memorabilia
5. Phone and charger, personal computer
6. Plastic credit cards, cash
7. Petrol, keep car more than half full
8. Pants, shoes & basic clothing to keep you overnight

Thank you City of Fredericton for making the first Fredericton Age-Friendly Community Advisory Committee Newsletter a success. This Fall Newsletter hopes to build off that success and help inform you about how our city is becoming more Age-Friendly.

Read the story of a new Fredericton family and how seniors have helped that family adjust to their new life here. And take note of the upcoming Day for the Ages event on November 5th, and how you can make your voice heard and contribute to making the City of Fredericton a better place to live.

HOW DO WE CHANGE THE CONVERSATION ON AGING?



Increasingly, an aging population is viewed, not as an asset but a liability, not as an achievement of modern science but a "tsunami" that will overwhelm us with debt. And aging itself is seen, not as an opportunity to experience but a problem - social and financial - to be solved.

The time has come to change the way we think about "age."

In partnership with Greater Fredericton Social Innovation, St. Thomas University and the Atlantic Institute on Aging, the aim of this exciting one-

day event is to bring together people of all ages - from their 20s to their 90s - and focus on the positive potential of an aging population, not just in Fredericton but beyond. It is to highlight later life as a time of discovery and not just decline, of learning and creating and giving back, of growing old and not just getting old.

Please join us on Saturday November 5th, 2016 - 10 AM at the Forest Hill Complex.

For more information - <http://adayfortheages.com/>

First Fredericton Friends

by Carol Morrison

In November 2015 the Multicultural Association of Fredericton (MCAF) recruited volunteers to support Syrian Refugees in their resettlement and integration process. Volunteers (Canadian-born and/or settled immigrants) were to be matched with the newcomer(s) to meet for 2 or more hours each week during the critical first six months, for conversation, friendship building, and to introduce them to their new community.

Over 250 individuals and groups became First Fredericton Friends—about half of them over the age of 60. As of April 28, 2016, only 2 newcomers were over age 65, but that number is expected to increase through family reunification.

Being matched with a family of 5 that arrived at the Fredericton airport on January 6, 2016 was the beginning of an amazing adventure. Many moments stand out: seeing the family huddled together at the airport, looking tired and uncertain; using gestures and Google translate to communicate; searching the Superstore for labneh, zaatar, and ghee; strangers pitching in to help; meeting Arabic-speaking volunteers; health care visits; collecting essentials on

moving day; the amazing staff and volunteers at the MCAF; introducing the family to Victory, Value Village, Sobey's, Fadi's, Scoop and Save and St. Theresa's Church; community meals with the Fredericton Islamic Association; learning bus routes; sharing halal meals, drinking mate in a calabash gourd, and Turkish coffee; and winter adventures!

What struck me most: the trust that the family extends, the all-consuming sense of responsibility (and feelings of inadequacy), how many very basic things they have to learn (health care, banking, car seats), the deep appreciation on both our parts and the strength of the friendship that we know will last for years. Memories I will always carry with me including: Mariam calmly sitting on the floor in their apartment with her 3 month old on a pillow – no furniture yet - surrounded by piles of things to sort (bedding, boxes, etc.). She exuded peace.

The family is now settled in a 3- bedroom apartment, supported by other Syrian families in the same complex. The 2 older children are enrolled in elementary school. The mother is taking language training at MCAF and the father has found a job as a barber. Both parents have obtained Class 7 driver's licenses and recently bought a car.



Left to right: Trish deWitt, Hassan Aldaeef, Nagem Aldaeef, Yousif Aldaeef, Mariam Aldaeef, Yazan Aldaeef, Edward Mansfield, Carol Morrison. Missing from this photo are Liz and Paul McDonnell also first Fredericton Friends with the Aldaeef family

For more information please visit: [City of Fredericton Age-Friendly web page](http://www.fredericton.ca/en/city-hall/city-council-committees/committees/age-friendly-community-advisory-committee)

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