

The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

45 Ochterloney Street, Dartmouth, Nova Scotia. B2Y 4M7

Tel: (902) 465-5578 - Fax: (902) 465-2755

Web site: <http://www.accesswave.ca/~dsscl/>

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Winter 2009/2010

Our Mission

To enhance the well being and quality of life for older adults living in our community by providing a safe, welcoming, positive learning environment for everyone.

Elected Members of the Board of Directors

Audrey Goodyer (Chair)
Clint Schofield (Vice Chair)
David Wolfe (Treasurer)
Lois Hetherington (Secretary)
Clint Schofield (Past Chair)

Thelma Coward-Ince
Harry Chapman
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Katharine Lindsey
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Message From DSSC Chair

Audrey Goodyer

Greetings for the New Year! During 2009, I hope you and your family were able to share and participate in the many events, both in our Community and at the Dartmouth Senior's Service Centre. On behalf to the Board of Directors of the Centre, I thank you very much for your continued dedication, hard work and support.

This past year, we witnessed the escalating cost of goods and services in Nova Scotia. In particular, each week we saw the yo-yo effect of the rising cost of gasoline, other fuel products and food in our supermarkets. Of course, food costs impact each and every member of our society. Here at the Centre, food items are, perhaps, our single most costly expense and unfortunately, in 2009, we were no exception to those same dramatic food price increases. It was during the many meetings and discussions, the Board of Directors was forced to make serious decisions in order to provide a stable financial plan for the Centre.

Heading into our new fiscal year, beginning April 1, 2010, we now believe we will be able to continue to provide our Members with the same level of service as was given in past years.

The Dartmouth Senior's Service Centre is more than a "service centre." It is a gathering place for our senior population who can meet and greet old friends, make new acquaintances in a safe and secure environment with a friendly atmosphere. The success of the Centre is, in part, due to the contribution of our many daily, weekly and monthly activities and groups which include: Exercise and Yoga, Painting, Choir, Bingo, Card Games, Darts, Birthday Dinner and Dance, Bridge Clubs and Crafty Ladies. In addition, the Kiwanis Club, Coin Club and the Historical Association meet here on a regular basis.

Many of these groups are also significant financial contributors to the Centre. Also, twice



monthly, the Centre provides a Bake Sale in the main Lounge. One of our successful functions is the Leadership Recognition Dinner held each fall at the Dartmouth Holiday Inn where we honour five outstanding Dartmouthians who have made a significant contribution to our Community.

In addition to our many participants, we have dedicated staff members who assist our 12 member volunteer Board of Directors and they are:

<i>Clint Schofield</i>	-	<i>Immediate Past Chair; Present - Vice Chair</i>
<i>Lois Heatherington</i>	-	<i>Secretary</i>
<i>David Wolfe</i>	-	<i>Treasurer</i>
<i>Katharine Lindsey</i>	-	<i>Chair, Membership Committee</i>
<i>Carmen Moir</i>	-	<i>Chair, Fund-raising Committee</i>
<i>Bette Yetman</i>	-	<i>Chair, Publicity and Promotions</i>
<i>Harry Chapman</i>	-	<i>Director</i>
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<i>Marilyn Hall</i>	-	<i>Director</i>
<i>Marilyn Keating</i>	-	<i>Director</i>
<i>Karen Wenaus</i>	-	<i>Director</i>

It is my pleasure to announce Harlene Wiseman, our new Executive Director will begin with us on January 4, 2010 and we look forward to her leadership at the Centre! It is an honour to be associated with the Centre. I enjoy the experience of working with the Board Members and also meeting the many wonderful people who come to the Centre!

Sincerely, Audrey Goodyer, Chair

Getting To Know Our Volunteers

For the past eleven years, Bette Tomlinson has been a familiar face at the Centre. Whether working at a catering function, singing with the Senior Choir, working at the membership desk or helping with Wednesday night Bingo, you can be sure Bette is 'on the job'.

Born in St. Stephen, New Brunswick, her family moved to Moncton, and then at 9 years of age to New Glasgow which she now considers her home.

Married in 1958, and although it didn't work out, that union did produce two beautiful daughters, Pearl and Jean, for which she is very grateful. And now Bette is grandmother of Chelsie and has reached the lofty heights of great grandmother with the arrival of Coreena.

She has always enjoyed working with, or around seniors. In her profession as a Home Support Worker she worked with



Bette Tomlinson

the elderly at Northwood Manor and she added that she loved the position.

Her soprano voice fits right in with the choir. When she was younger she took singing lessons for 8 years and this is her first love



Bette looking after a customer at the Membership Desk

For relaxation Bette loves to dance and always looked forward to the "Happy Hour" on Friday nights. Another favorite is the theatre.

Thank you, Bette, your volunteering is much appreciated by everyone at DSSC



It is with much regret to announce the passing of **William (Bill) McLernan** on December 25th following surgery on December 22nd.

Bill served on the DSSC Board for 18 years. He was Treasurer for 15 years and Chairman for one year. Because of health problems, he did not reoffer for the Board in 2009.

He spent the last 25 years of his working life with the Hudson's Bay Company as manager, having joined the company in Ontario and came to Nova Scotia from a posting in Alberta. As he would later comment, having spent the last 35 years of my life in Dartmouth, hope I can call myself a Nova Scotian.

He has been involved in most of the major fund raising projects for the past 15 years, having chaired the weekly Wednesday night Bingo and the monthly dinner and bridge.

Bill said that he made many new friends at the Centre and met many great volunteers. His involvement began when his neighbor, the late Connie Wenaus who was the first Executive Director, told him that more retired businessmen were needed to volunteer at the Seniors Centre - and nobody says "No" to Connie.

In his own words, "I get great satisfaction from my volunteer work. I see daily the difference the Centre makes in the lives of seniors. I realize that I am preaching to the converted, but let's make sure that everyone knows the contribution the Centre makes to the community."

Predeceased by his wife of 47 years, Thelma, he is survived by daughter Jane and son Rob. He was a wonderful volunteer and will be greatly missed. Our sincere sympathy and condolences to his family.

Important Notice

Moving? Don't forget to send us your change of address. Returned newsletters WILL NOT be forwarded.



DSSC Open House

31 January, 2010

2 to 4 p.m.



DSSC - Upcoming Events



January

- 7 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 14 - Thursday - **Birthday Dinner & Dance** - 6:30 pm dinner. \$7.00 for dinner. \$5.00 for dance (8:00 pm to 11:00 pm)
- 8 & 29 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC
- 31 - Sunday - **Open House** - 2 to 4 pm - DSSC

February

- 4 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 11 - Thursday - **Birthday Dinner & Dance** - 6:30 pm dinner. \$7.00 for dinner. \$5.00 for dance (8:00 pm to 11:00 pm)
- 13 - Saturday - **Valentine Dance** - 8 - 11 pm - Special Blend Band - \$6.00 per person.
- 12 & 26 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC

March

- 4 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)
- 11 - Thursday - **Birthday Dinner & Dance** - 6:30 pm - \$7.00 for dinner. \$5.00 for dance (8:00 pm to 11:00 pm)
- 12 & 26 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC.

Check the Bulletin Boards outside the Dining Room for more Announcements



DSSC Weekly Activities

January to March 2010

- | | | |
|--------------------|----------|--|
| Monday - | 10:00 am | Yoga |
| | 1:00 pm | Tai Chi |
| Tuesday - | 9:00 am | Wood Sculpture, Water Colours, Crafty Ladies |
| | 1:10 pm | Bingo |
| | 7:00 pm | Bridge |
| Wednesday - | 9:00 am | Exercise Class |
| | 1:30 pm | Darts |
| | 7:00 pm | Bingo |
| Thursday - | 9:00 am | Oils & Acrylics |
| | 1:00 pm | Choir |
| Friday - | 1:00 pm | Duplicate Bridge |
| Saturday - | 7:30 pm | 45's |

(Monday to Friday - 1:00 pm, Games Afternoon. Lessons for Crib & 45's.

See Carol Atkinson @ 465-5578 for information).



**TIME TO RENEW YOUR 2010
MEMBERSHIP - PAGE 12**

Fun Activities to Wind Up 2009

Crafty Ladies Tea & Sale on November 28th



Joyce Berry overseeing two tables, 'Baby Table' and 'New To You'



Customers looking over the articles



Brenda Pozdnekoff

Seniors' Choir
entertaining patients at
Ocean View Manor on
December 1 with
Patricia Kent
leading the Group



Christmas Dinner on Tuesday, December 15th

Seniors' Choir entertaining dinner guests with Christmas Carols



Ladies from the local IODE Chapter enjoying the meal (above and upper right)



DSSC Directors Katherine Lindsey and Karen Wenaus with Karen's husband and retired Board Member Cal Lindsey (above)

First Baptist Dartmouth Church members. Rev. Martin Zwicker (far left), Eileen Oxner (foreground)

(continued on page 11)

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Monday to Friday
8:30 am to 5:00 pm

Shewas sitting in the waiting room for her first appointment with a new dentist. She noticed his diploma, which bore his full name. Suddenly, she remembered a tall, handsome, dark-haired boy with the same name had been in her high-school class some 30 odd years ago. Could he be the same guy she had a secret crush on way back then?

Upon seeing him, however, she quickly discarded any such thought. This balding, grey haired man with the deeply lined face was way too old to have been a classmate. After he examined her teeth, she asked him if he had attended Morgan Park High School. "Yes, Yes, I did. I'm a Mustang," He gleamed with pride. "When did you graduate?" she asked. "In 1976, why do you ask?" "You were in my class!" she exclaimed. He looked at her closely. Then, that ugly, old, bald, wrinkled, fat butt, gray-haired, asked, "What did you teach?"

Some of The Many Services Available at DSSC

Meals On Wheels

The Dartmouth **Meals on Wheels** program is designed to provide a hot, nutritious noon time meal to those who have difficulty preparing adequate meals for themselves. There are no age restrictions to participate in this program.

Meals are provided three times per week: Monday, Wednesday, and Friday. Meal costs are \$7.00.

Referrals can be made to the **Meals on Wheels** program by Public Health, V.O.N., doctors, social workers, or any agency or individual who knows a person in need of this service. Persons interested in the program may contact the Centre directly.

- Volunteers pick up meals at the Centre and deliver them throughout the Dartmouth area. **Drivers receive a free noon meal at the Centre and mileage for their cars.**
- Meals on Wheels' clients can expect meal delivery by the volunteers between 11:15 AM and 12:30 PM and are

requested to be ready to receive the meal during this time. If you are not able to be home at this time (i.e., due to a doctor's appointment, etc.) please call the Meals on Wheels coordinator before **10:00 AM**. *Service will automatically be cancelled for those participants who do not respond to delivery three consecutive times.* However, we do try to contact the participant by telephone before any action is taken.

- Meals on Wheels is closed on all "statutory holidays or on days where extreme weather would place our volunteers at risk. Extra meals can be sent out prior to a holiday.
- Cancellations will be announced on the following local radio stations: **CHNS, CBC, CJCH, and SUN-FM, Seaside FM.**
- Volunteers are always needed so if anyone would like to volunteer to help with this necessary program, call the Centre or see **Carol Atkinson** at 465-5578.

Home Helpers

Do you need help at home?

Light house keeping, vacuuming, dusting, bathroom cleaning, floor cleaning and waxing, making and/or changing beds, meal preparation.

\$10.00 per hour (minimum 2 hours)

Call Carol Atkinson at 465-5578 to arrange for service.

Medical Transportation

Transportation to and from appointments.

- **In Dartmouth \$15.00**
Over 2 hours \$20.00
- **In Halifax \$21.00**
Over 2 hours \$25.00

48 hours notice is required for booking or cancellation. Volunteer drivers are allowed 40 cents a km.

Call: Carol Atkinson at 465-5578

Dartmouth History Tidbits - Did You Know

"Burnside"

Some time ago a business from Burnside asked me for the origin of the name. There is a good deal of material on this subject from the books of John Martin and Harry Chapman.

Duncan Waddell arrived from Lanarkshire in 1816. He died in Dartmouth in 1891 and his obituary indicated that he had accumulated a small fortune and considerable

land on the east side of the basin and many properties in Dartmouth. His estate was worth \$80,000.

The entire Burnside district was bequeathed to his grandson, Duncan Waddell Lynch.

Duncan Waddell settled in a small cottage north of Tufts Cove where he farmed. A small stream passed through the farm so he named the cottage "**Burnside**", "burn"

being the Scottish term for stream. The Dartmouth Heritage Museum has a print of "Burnside."

Duncan was a supplier of rock, stone, slate and gravel. He was involved with the stone work for the first railway bridge across The Narrows in Halifax Harbour in 1884. He provided large flagstones for the Woodside Sugar Refinery from his quarries in Beaverbank in 1883. Duncan had ships and lighters built for his work and owned most of the water front at the foot of Ochterloney Street. One two masted twin screw lighter was named "Robbie Burns." These lighters were used to transport gravel and stone from McNabs's Island that was used to repair and maintain Harbour Fortifications.

Source: DSSC Director Carmen Moir

A father was approached by his small son who told him proudly, 'I know what the Bible means!' His father smiled and replied, 'What do you mean, you 'know' what the Bible means? The son replied, 'I do know!' 'Okay,' said his father. 'What does the Bible mean?' 'That's easy, Daddy...' the young boy replied excitedly, 'It stands for 'Basic Information Before Leaving Earth.'



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Health & General Items of Interest

Bacteria, Viruses, Germs Oh MY!

Flu bugs. C-difficile. Lysteria. So many germs, lurking who knows where, waiting to strike — even the lowly flu bug can live on surfaces for up to 48 hours. What can you do to protect yourself or at least lower your odds of illness or infection?

The #1 precaution you and your family can take against harmful bacteria and viruses is **HANDWASHING**. You can single-handedly wipe out millions of germs every time you wash your hands.

Handwashing is **THE** single most important means of preventing the spread of harmful bugs.

Using anti-bacterial soaps or cleaners may seem like a good idea but overuse of these substances leads to the development of germs that are resistant. Similarly, overuse or misuse of antibiotics contributes to 'superbugs' that do not die when exposed to regular antibiotics.

In addition, antibacterial soaps and cleaners tend to give the user a false sense of safety — less time and effort may be used to wash hands, counters etc. Studies show that germs are eliminated mostly by the action of rinsing them away with soap, or wiping them off with tissue or cloth that is then disposed of. The type of soap is less critical than amount of time spent washing.

More things you can do to protect yourself and prevent the spread of germs:



- Use disinfectant wipes on computer keyboards, telephones, and other common office equipment that may be shared

- Do not share drinking glasses,
- Throw out old toothbrushes.
- Wash your hands after handling money. (Bills are especially dirty)

- Use your own pen when registering at doctors' offices.

- Carry an alcohol-based hand sanitizer for use at those times when you can't find a place to wash

- How long to wash? Hum the four lines of "Happy Birthday" to yourself and you'll have done a good job. No cheating by rushing the song.

- Most germs get into us through the mouth, nose and eyes. We touch our faces repeatedly throughout the day without thinking — try to be aware of this and avoid touching your eyes, nose or mouth with unwashed hands.

The correct way to treat a good wine...

Open the bottle to allow it to breathe.

If it does not look like it's breathing, give it mouth-to-mouth resuscitation

Reporters interviewing a 104-year-old woman: 'And what do you think is the best thing about being 104?' the reporter asked. She simply replied, 'No peer pressure.'

Apple Cider Vinegar

It's good for what ails you. At least if you have a sore throat or athlete's foot.

Prevention magazine had two interesting uses for apple cider vinegar.

Relieve sore throats. At the first sign of a scratchy throat, gargle with a mixture of 1 to 2 tablespoons of apple vinegar in a glass of water. The antiseptic effect either kill the bacteria on contact or weaken them.

Treat athlete's foot. Apply full strength twice a day with a cotton swab. The cider has antifungal properties.

Source: *Prevention*

More Accurate Than Cholesterol

There's a blood test that researchers say is the most accurate yet at forecasting risk of heart disease. It may one day replace the standard cholesterol readings. It's called hs-CRP (which stands for high-sensitivity C reactive protein).

It measures the inflammation of blood vessels. A high CRP indicates inflammation in the vessels which can prompt hardened plaque on vessel walls to break off, leading to a heart attack or stroke.

In studies of 28,000+ women over a three year period, the New England Journal of Medicine reports that the test can help avoid problems that would otherwise be undetected.

Source: *Harvard Health Letter*

Both Numbers

Blood pressure is measured with two numbers. The top number (called systolic) is a measure of the pressure in the arteries when the heart contracts: the bottom number (called diastolic) measures the pressure when the heart is relaxing.

For years doctors have focused on the diastolic pressure, thinking it was the most important. But now evidence from the Framingham Heart Study indicates that an elevated systolic pressure is equally as dangerous.

This is particularly important because two out of three people over 60 with high blood pressure have isolated systolic hypertension; that is, their diastolic pressure is normal. This study has prompted the government to warn doctors of the danger of elevated systolic pressures.

Source: *US Berkeley Wellness Letter*

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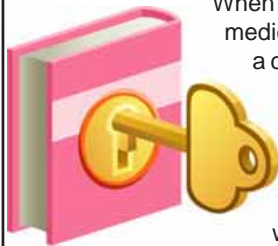


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Things to know about medicines you take



When you need to take medication, whether it's a cold tablet or something you take every day for your heart, it is very important to understand what you are taking

and why, how to take it, and what the side effects might be. Start by talking with your doctor or pharmacist.

Don't be afraid to ask questions. You have a right to ask and a right to know.

Some Hints When Visiting Your Doctor or Pharmacist

- Think about what you want to ask before your visit; make a list of questions you don't want to forget.
- If you find it difficult to ask questions, or just don't hear well, take a friend or relative with you.
- Don't expect a prescription every time you visit your doctor.
- Tell your doctor about all of the medication you are taking. Don't forget your non-prescription and even herbal remedies. Some interact with each other and can change the way they work.
- Talk to your doctor about any allergies or reactions to medication that you have experienced in the past.
- Make sure that you understand the instructions on how to take your medication.

Hints at Home

- Take your medication exactly as directed. Too much or too little could be harmful.
- If you forget to take your medication, don't double the next dose. Call your doctor or pharmacist.
- Don't save a prescription for future use unless your doctor tells you to.
- When certain drugs are mixed with alcohol, the result can be harmful. Ask your doctor or pharmacist.
- Check expiry dates. Return extra or out-dated medication to your pharmacist.
- If you have trouble opening your medication, ask your pharmacist for a different type of container.

- adapted from R&D CanadaPharma brochure

You Can Prevent Falls - Veterans Affairs Canada and Health Canada

Falls can happen to anyone. But as we age, our risk of falling becomes greater. In fact, one in three older Canadians fall each year and many of these falls occur in their own home while doing their usual daily activities.

That's the bad news. The good news is that many injuries due to falls can be prevented.

The first step to avoiding falls is to understand what causes them. For example, poor balance, decreased muscle and bone strength, reduced vision or hearing, and unsafe conditions in and around your home can increase your chances of falling. Take a look around your home now.

Personal Items

- Ensure that your shoes are comfortable, with good support, low heels and non-slip soles
- Ensure your walking cane is the correct height and rubber tipped for safety

Kitchen

- Store kitchen supplies and pots and pans in easy-to-reach locations
- Store heavy items in lower cupboards
- Use a stable step stool (with a safety rail) for reaching high places

Bathroom

- Use a rubber bath mat. Install it when the tub is dry
- Use grab bars to help you sit and stand



- Install a raised toilet seat and a bath seat when you need one
- ### Stairs

- Ensure stairs are well lit, with light switches at the top and bottom of the stairs
- Install night lights in the hallway

Bedroom

- Ensure the path is clear between your bedroom and bathroom
- Keep the night time temperature above 18o C (65oF). Lower temperatures can reduce body temperatures, causing dizziness.
- Clutter is risky. Get rid of loose wires and cords and other obstacles, like parcels.
- Scatter mats are dangerous. Use only non-slip mats.

Exterior

- Keep front steps and walkway in good repair and free of snow, ice and leaves.
- Keep front entrance well lit
- Handrails are very important

Lifestyle

- Keep physically active. Regular, daily exercise helps to improve your balance, increase your flexibility and build your strength.
- Have your vision and hearing checked regularly by a professional. Wear glasses or hearing aids as needed.

For more information, call
Lifestyle Consultant,
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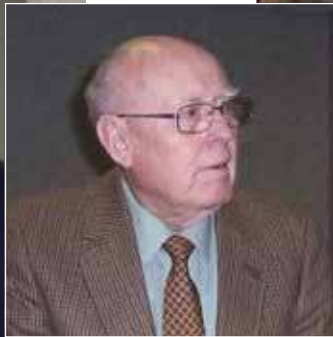
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Friday Afternoon Duplicate Bridge Club



Directors Tony Morris & Roy Yetman



Wednesday Evening Bingo



Directors, brother and sister, Linda and David Savard

Football FINALLY makes sense.....

A guy took his blonde girlfriend to her first football game. They had great seats right behind their team's bench.

After the game, he asked her how she liked the experience.

'Oh, I really liked it,' she replied, 'especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents.'

Dumbfounded, her date asked, 'What do you mean?'

'Well, they flipped a coin, one team got it and then for the rest of the game, all they kept screaming was:

'Get the quarterback! Get the quarterback!' I'm like...Helloooooo?

It's only 25 cents.'

Wanted - Baby food jars with tops. Leave jars at the Centre or call Bette Yetman @ 464-9888 or email: bryetman@ns.sympatico.ca

Seniors Bingo Wednesday - 7:00 PM

- Regular Games - \$15.00
- Special Games - \$30.00
- Early Bird Game & Cookie Jar

Tuesday - 1:10 PM

- Regular Games - \$10.00
- Special Games - \$15.00

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Note: Be sure to let us know when you change your email address.

From the Editor

As we look forward with anticipation to 2010 and beyond, it is the hope that the next decade will have a more peaceful aspect. Perhaps fewer disasters, our troops home from Afghanistan and our economy in an upswing.

And that is the hope for your Centre. We are already welcoming many new members, planning various activities, overhauling spending and managing our budget wisely which benefits all Seniors.

We were very sorry to say goodbye to one of our most stalwart volunteers, Bill McLernon. It gave us pride when he made the comment a few months ago about the difference the Centre makes in the lives of Seniors. For Bill and our many other volunteers, we intend to continue our mandate as a recognized contributor to the community, not only to Seniors but to those of all ages.

We ended the decade at the Centre on a happy note. The Crafty Ladies as usual, had a busy Tea & Sale, our Senior's Choir

entertained at Christ Church with the beautiful 'Prelude To Christmas', along with concerts in nursing homes. And our special Christmas dinners were compliments to those who prepared the outstanding meals.

Until next time, *Bette*



Final newsletter for nonrenewals

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Andrew Younger
MLA Dartmouth East
info@andrewyounger.ca

Thanks to the Dartmouth Seniors' Service Centre for their active contribution to the Dartmouth community.

73 Tacoma Dr, Suite 600 Phone: 902-406-4420
Dartmouth, NS B2W3Y6 Fax: 902-406-4421
www.andrewyounger.ca

**Halifax Regional
Coin Club**

Meets at
Dartmouth Seniors' Service Centre
3rd Tuesday of each month
7:00 PM
All Welcome

Peter Kelly, Mayor
Halifax Regional Municipality
Pleased to support the
Dartmouth Seniors'
Service Centre
(902) 490-4010
Email: kellyp@halifax.ca

DARTMOUTH SENIORS' SERVICE CENTRE

2010 REGISTRATION - ANNUAL MEMBERSHIP: \$15.00

2009 Membership Number: _____

Name: _____

Address: _____ Postal Code: _____

Telephone Number: _____ Birth Date: dy _____ mo _____ yr _____

Next of Kin: _____

Address: _____ Telephone/Next of Kin: _____

Can we e-mail our newsletter to you? Yes No

e-mail Address: _____

Would You Care To Volunteer At The Centre? Yes No

Food Service Telephones Clerical/Computer Other (Please specify) _____

Complete and Mail To: Dartmouth Seniors' Service Centre, 45 Ochterloney St., Dartmouth, NS B2Y 4M7 or drop off at the office.