

# The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

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

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

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## 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

Clint Schofield (Chair)  
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Doug Rigby  
Karen Wenaus  
Bette Yetman

## Executive Director

David Camp

## Editor

Bette Yetman

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## From Executive Director *Dave Camp*



*Adieu, my friends, Adieu.*

It is with very mixed emotions that I sit here writing my last note to you as your Executive

Director. In fact, I may well be gone before you even get to read this.

When I came here in January 2004 I had it in the back of my mind that I would most likely be here for a year or so. Here we are now in March 2009 and it appears that my "year or so" is finally coming to an end.

Not surprisingly, I have already heard numerous rumors circulating as to the reasons for my departure so in fairness to all concerned I wish to take a moment here to set the record straight. If you are surprised to see me leaving at this time you are not alone. A mere three months ago I had indicated that I would probably stay for another "year or so", but things have changed a bit.

In order for the Executive Director of the Dartmouth Seniors' Service Centre to do his/her job properly there must be a positive and cooperative relationship maintained with the Board of Directors, and particularly with the Executive Committee. In the past few months it has become painfully obvious that what used to be a positive situation has deteriorated to the point where I frankly no longer

need the hassle. Therefore, I have submitted my resignation.

It is not my intention to point fingers but I would be less than honest if I said that I am leaving while still enjoying a harmonious relationship with the Committee when in fact I am not. I could sit here and ramble on about why this relationship has deteriorated but I would only be telling my side of the story and that would not be fair to anyone. Therefore, let me just say that the time to move on has arrived.

I will miss you all and I do want to state that for the vast majority of my service here this has been a wonderful place to work. When I came here I came into a somewhat dysfunctional building staffed by far more employees than were needed to carry out our mission to serve seniors. There has been noticeable improvement in both regards and, with a fair degree of modesty, I take some of the credit for the positive changes which have occurred. Therefore, I am leaving with my head held high. My only regret is that it is occurring sooner than I planned.

If I can leave you with a few words of wisdom, these words are simply "Take an active interest, ask questions and learn what is really going on before you take it upon yourselves to spread false information." Now, one final message....This organization is about service, it is not about money. The Dartmouth Seniors' Service Centre will survive in spite of the mess this world is in, but only if we keep things in perspective.

I now bid you fond farewell.

*Dave*

# Getting To Know You . . .



Doug Rigby - Director

Doug has been around Dartmouth Seniors so long many people think he is either on staff or doesn't have a home. But no, since 1995 he has been a volunteer introducing computers to seniors first in a class and then through 1/2 hour one-on-one lessons. He tried serving with the Belles and by times has operated the dish washer and peeled potatoes in the kitchen so he knows how hard the kitchen staff work and how much care and skill goes into every meal they prepare. If Doug wasn't on his current diet, he would "kill" for an extra piece of Matt's coconut cream pie.

Last year perhaps by accident he got on the Board. But you know that's where some really tough decisions have to be made in the interests of members, volunteers and staff. It's no easy task making ends meet and providing the best services possible.

Based on the excellent work of programmer, Gary Stabback, Doug has enjoyed working with Katharine Lindsey to transform membership information into a secure database that can generate labels and mailing lists quickly and accurately. Do you think we could get him to look at what a database could do to make record keeping easier for other services such as Meals on Wheels, Medical Transportation and Home Helpers?

An interesting life as before retirement, Doug taught at high school, college and university levels as well as worked as a regional planner and computer analyst here and overseas. (Botswana & Kenya)

## Important Notice

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



You can Help and Support your Centre by supplying the Centre with your email address. (see page 11)

## Help Needed!

Drivers are urgently needed for *Meals on Wheels*

***We have a desperate need !***

Leave your name with Carol Atkinson at 465-5578 for details.

Lobsterfest  
May 12- See Page 10

'Happy Hour'  
5 - 8 pm. See page 11



**TIME TO RENEW  
YOUR 2009  
MEMBERSHIP**

### Perks with DSSC membership

- Meals - \$1.00 discount
- Supper & Cards - \$2.00 discount
- Birthday Pot Luck - \$2.00 discount
- Casino trips - \$2.00 discount
- Duplicate Bridge - \$1.00 discount
- Use of computers
- Parking Pass
- Most in-house activities - discount

## Notice to Members - DSSC

Annual General Meeting - June 15, 2009

1:00 p.m.

### Agenda

- Adoption of Minutes of previous AGM
  - Business Arising From the Minutes
  - Treasurer's Report
  - Report from Executive Director
  - Report from the Chair,
  - Nominating Committee Report
  - Election of Officers to the Board of Directors
  - Committee Reports
  - New Business
  - Adjournment
- All members are welcome to attend.*  
Tea, Coffee & Light Refreshments



## DSSC - Upcoming Events



### April

- 16 - Thursday - **Pot Luck Supper & Dance** - 5:30 pm - Members \$6.00 or bring food, Non-Members \$8.00. (Graham Bowser's Band)  
 16 - Thursday - **Volunteer Reception** - 3:00 to 5:00 pm. Music by Graham Bowser Band. Refreshments. *By invitation only.*  
 17 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC  
 24 - Friday - **Happy Hour** - 5 p.m. to 8 p.m. Admission \$2.00. Food \$5.50 & \$7.00 . Music by Ron Arsenault Trio

### May

- 7 - Thursday - **Card Party & Supper** - 6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)  
 9 - Saturday - **Merchandise Bingo** - 1:00 pm - Entrance Books \$20.00.  
 12 - Tuesday - **Lobsterfest** - 6:00 pm - Large Lobster or New York Striploin Steak (*see page 10*)  
 14 - Thursday - **Pot Luck Supper & Dance** - 5:30 pm - Members \$6.00 or bring food, Non-Members \$8.00 or food  
 15 - Friday - **Bake Sale**- 1:00 pm - Lounge DSSC  
 28 - Thursday - **Casino (Bus Only)** - 2:30 pm returning at 7 pm (**Attendees must travel by bus**) (*see page 8*)  
 29 - Friday - **Bake Sale** - 3:00 pm - Lounge DSSC  
 29 - Friday - **Happy Hour** - 5 p.m. to 8 p.m. Admission \$2.00. Food \$5.50 & \$7.00 . Music by Ron Arsenault Trio

### June

- 4 - Thursday - **Card Party & Supper** -6 pm - Members \$13.00, Non-Members \$15.00 (Cards only \$5.00)  
 5 - Friday - **'Oldies But Goodies'** - Senior Choir - 7:00 pm - \$5.00 - Refreshments served  
 7 - Sunday - **'Oldies But Goodies'** - Senior Choir - 2:00 pm - \$5.00 - Refreshments served.  
 11 - Thursday - **Pot Luck Supper & Dance** - 5:30 pm - Members \$6.00 or bring food, Non-Members \$8.00 or food  
 12 - Friday - **Bake Sale** - 1:00 pm  
 15 - Monday - **Annual General Meeting** - 1:00 pm. (*see page 2*)  
 26 - Friday - **Bake Sale** - 3:30 pm.  
 26 - Friday - **Happy Hour** - 5 p.m. to 8 p.m. Admission \$2.00. Food \$5.50 & \$7.00 . Music by Ron Arsenault Trio

## DSSC Weekly Activities

*January to March 2008*

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

# Éirinn go Brách (Ireland Forever!) Concert by Senior Follies Choir - March 15



Marianne Rissesco on piano and violin



Joe Melvin



David Melvin on guitar



Rose Richard and Bob Anthony



Choir Director Audrey Weir



Marion Reid and Carol Irvine



Patricia Kent



Bob Anthony



Bruce Crawford

# Thank You



Ian MacDonald and Katherine Craig of the Servicing Seniors Alliance making the presentation to Dave Camp, who accepted on behalf of the Centre.

On March 27<sup>th</sup>, 2009, Dave Camp, Executive Director of the Dartmouth Seniors' Service Centre, attended a breakfast meeting of the Serving Seniors Alliance to accept on our behalf a bursary for \$250.00. This bursary was awarded in recognition of our role serving seniors in the community. The money will be used to purchase containers for our Meals on Wheels program.

## Éirinn go Brách (Ireland Forever!) Concert

What a great tribute to St. Patrick's Day by our Senior's Choir. With almost 40 members, dressed in the 'green', led by Choir Director Audrey Weir, it was indeed an enjoyable musical occasion. Accompanied by talented Marianne Rissesco, equally proficient on the piano as the violin, David Melvin on guitar and Vince Cribby on drums, following a fiddle and dance prelude, the salute opened with a rousing 'It's a Great Day For The Irish'.

Among the medley of Irish songs, solos were sung by David Melvin, Rose Richard, Bob Anthony and Bruce Crawford, some serious and others very amusing. Not to be forgotten was the dancing by Joe Melvin and his partner.

Duets were performed by Marion Reid and Carol Irvine, Rose Richard and Bob Anthony, plus a specialty number by the three musicians. The closing number, 'The Irish Blessing', with all the performers, led and sung by Audrey brought a beautiful closing to the concert.

Another Senior Choir program not to be missed is their 'Oldies But Goodies' June 5th and 7th. (See Calendar on page 3.)

**Happy St. Patrick's Day**



## Planned Giving



Are you aware that the Dartmouth Seniors' Service Centre has been providing both in-house and outreach services to the seniors in Dartmouth since 1976?

During these thirty-three years, we have been able to survive and grow largely due to the kindness and support of people like you. Granted we have had some support from government, but each year approximately 75% of our funding is derived through our own efforts and through the generosity of our friends. It is a fact of life that without such support we would have long ago faded into the sunset.

In this day and age we are all faced with a number of realities, not the least of which is that we are all getting older and many of us are seriously planning for our departure from this world. It is inevitable that

at some point we will all be faced with the need to tidy up our affairs and plan for dispersal of our estate. May we seriously suggest that you give some thought to mentioning the Centre in your will? What a great way to continue your involvement with us and ensure that we are here to serve your friends and family as they achieve "senior" status.

Incidentally, there may be tax advantages for your estate if you make such a contribution, thereby easing possible burdens on your heirs and successors. You may wish to discuss this issue with your financial advisor or lawyer.

We respectfully request that you give this request some thought. What a great way to have your legacy continue through the years.



### MERCHANDISE BINGO

**Saturday - May 9 - 1:00 pm**

**Entrance Ticket \$20.00**

**Mini Game - 1:00 pm - Regular Game - 1:30 pm**

**Door prizes**

**Prizes on Display**

**Refreshments for sale**

**For more information - 465-5578**



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**Jeanie Burke**  
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## Oakwood Terrace Adult Day Program

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Thia Rutledge at 469-2794 (Ext. 199)



# TV BINGO

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**Marilyn More, MLA**  
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*Constituency Office*  
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## Halifax Regional Coin Club



Meets at  
Dartmouth Seniors' Service Centre  
3<sup>rd</sup> Tuesday of each month  
7:00 PM  
**All Welcome**



**Peter Kelly, Mayor**

Halifax Regional Municipality

Pleased to support the  
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Service Centre

(902) 490-4010

Email: [kellyp@halifax.ca](mailto:kellyp@halifax.ca)

## 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 \$6.50.**

Our delicious meals usually consist of a roll, soup, main course, and dessert. If you have diet restrictions, substitutions can be provided.

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.

- This program is largely offered through the commitment of our volunteers. 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**. This will avoid the volunteers making an unnecessary delivery. *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

*Bubba goes to the revival and listens to the preacher. After awhile the preacher asks anyone with needs to be prayed over to come forward to the front at the altar. Bubba gets in line, and when it's his turn, the preacher asks:*

*"Bubba, what do you want me to pray about for you?"*

*Bubba replies: "Preacher, I need you to pray for my hearing.*

*"The preacher puts one finger in Bubba's ear, and he places the other hand on top of Bubba's head and prays and prays and prays.*

*After a few minutes, the preacher removes his hands, stands back and asks:*

*"Bubba, how is your hearing now?"*

*Bubba says, "I don't know, Reverend, it's not until next Wednesday."*



## Elim Place

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- Assisted living for Seniors
- Respite Care
- Adult Day Care Program

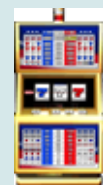
Helping Seniors live independently in an atmosphere where they can age gracefully, socialize frequently, and live confidently.

Services Include: Laundry facility, cooked meals, living area, wheel chair accessible, large peaceful garden, life-skills training, counselling, extra-curricular activities, etc.

Crissy: 478-4234 - Edie: 864-5730 - [elimplace@yahoo.ca](mailto:elimplace@yahoo.ca)

<http://www.elimplace.ca>.

## CASINO Trip



THURSDAY -

MAY 28TH

(EVERY SECOND MONTH)

BUS LEAVES CENTRE: 2:30 p.m.

RETURNS AT: 7:00 p.m.

TICKETS: MEMBERS \$6.00

NON-MEMBERS \$8.00

REGISTER EARLY!

**ALL TICKETS MUST BE PAID IN  
ADVANCE IN PERSON - NO 'ON  
Hold' PHONE CALLS**

CASH OFFICE FOR TICKETS

## Health & General Items of Interest

### Talking Raises Blood Pressure

Talking while you're having your blood pressure monitored can raise it as much as 15%, especially if you already have elevated blood pressure. Researchers have found that the average hypertensive's systolic blood pressure rises from 142 to 159 and the diastolic blood pressure rises from 97 to 111 if he/she is talking during the test.

Source: *Geriatrics*.

### Peanut Butter

Peanut butter is a good source of monounsaturated fat which doesn't boost cholesterol. In fact, a recent study reported in the American Journal of Clinical Nutrition found that a diet that included peanuts and peanut butter could actually reduce total cholesterol by 10%, and LDL ("bad") cholesterol by 13%.

While there is some hydrogenated oil in brand name peanut butters - which keeps the peanut oil from separating and rising to the top - the amount is so small that the FDA considers peanut butter "trans-fat free."

To avoid the trans fat completely, you can buy natural peanut butter which contain only peanuts, with or without added salt. You'll have to stir it each time, or you can keep it in the refrigerator to keep it from separating.

Source: *UC Berkeley Wellness Letter*

### Refrigerate Foods Before They Cool

It's fairly standard operating procedure to allow cooked foods to cool before refrigerating them. Don't!

If you don't plan to eat them right away, put them in the refrigerator immediately. "While people have a hesitancy about putting hot food—or even warm food in the refrigerator," says Bessie Berry, manager of the USDA Meat and Poultry Hotline, "they will not mess up the mechanism of the fridge by overtaxing the motor. Today's refrigerators are designed to handle hot foods."

Ms. Berry says the idea that you don't put hot foods in a cold refrigerator is from generations ago. "Back in the days of ice boxes," says Ms. Berry, "people didn't want the ice to melt. It cost money to replace it, and the ice man only came around so often."

"Even foods right out of the oven or off the range can be refrigerated immediately," says Ms. Berry, "people didn't want the ice to melt. It cost money to replace it, and the ice man only came around so often."

"Even foods right out of the oven or off the range can be refrigerated immediately," says Ms. Berry, "and the sooner you do it, the less chance there is for bacteria to grow."

Source: *Tufts University Health & Nutrition Letter*.

### A Flossed Cause

Dental floss plays an important part in keeping teeth and gums healthy, but most people don't use it—and some use it in interesting ways. From an issue of American Heritage:

- When commercial floss was first manufactured: 1882.
- Material it was first made of: silk.
- Material used starting in the 1940s: nylon (invented 1935).
- Newest material: Gore-Tex.
- Amount bought by Americans per year: more than 3 million miles.
- Amount bought per person: 18 yards (that's enough for only one flossing per week, assuming 12 inches for each use).
- Amount that should be bought per person: 122 yards minimum a year for daily flossing.
- Criminal use: one prison inmate used floss to cut through a wire fence; another reportedly sawed through bars in his cell with floss; and one braided floss into a rope to help scale a wall and escape.
- Other non dental uses: shoelaces, kite string, cheese cake cutter, bead string, ukulele string, fishing line, picture hanger, replacement for chain inside toilet tank.

And by the way: Use it, but don't flush it down the toilet. The nearly indestructible threads can gum up municipal sewer systems and pumping stations, according to the Toronto Star.

### "Always Home" Adult Day Centres

*Always Home Adult Day Centres is located in a beautiful century home in downtown Dartmouth. A comfortable, home-like atmosphere for seniors to socialize and participate in meaningful leisure activities along with delicious home cooked meals and snacks. Our hours of operation: Monday to Friday, 8:30am-5:00pm with transportation available upon request. We offer a complimentary day to all new clients and are registered as a Veteran's Affairs Service Provider.*

*Andrea Leahey*





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[www.alwayshomedaycentres.ca](http://www.alwayshomedaycentres.ca)

# 14TH ANNUAL LOBSTERFEST

## Tuesday, May 12th, 2009

Reception (Cash Bar) - 5:30 pm

Dinner Served - 6:30 pm

Takeout Available - 4:00 to 5:00 pm Only

Advance Tickets Only - \$40.00

(Tax Receipt for \$20.00)

### MENU

Large Lobster or New York Striploin Steak  
 Potato Salad, Cole Slaw, Rolls & Butter  
 Strawberry Shortcake

Entertainment & Door Prizes

See Carol Blue (Cash Office) or call 465-5578 for Tickets

Dartmouth Seniors' Service Centre, 45 Ochterloney St., Dartmouth



## Day Trips

Keep watch on the Bulletin Board for Day Trips  
 to be announced for May and June

A preacher said to a farmer, "Do you belong to the Christian family?"

"No," he said, "they live two farms down."

"No, I mean are you lost?"

"No, I've been here thirty years."

"I mean, are you ready for Judgment Day?"

"When is it?"

"Could be today or tomorrow."

"Well, when you find out for sure when it is, you let me know. My wife will probably want to go both days!"



Hot-Air Hand Dryers

My pastor friend put sanitary hot air hand dryers in the rest rooms at his church and after two weeks, took them out. I asked him why and he confessed that they worked fine, but when he went in there he saw a sign that read, "For a sample of this week's sermon, push the button."

For more information, call  
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## Tattoo

**Tuesday - July 7th**



Don't miss this opportunity to see the famous Royal Nova Scotia Tattoo. This popular event is 'sold out' early so get your name on the list now!

5:30 pm - cold plate supper

6:30 pm - leave for Tattoo

\$45.00

Price includes bus and great seats.

For more information, call 465-5578

## Friday Bake Sale

12 Tea Biscuits - \$4.00

12 Dinner Rolls - \$3.00

1 Loaf of Bread - \$3.00

12 Cookies - \$4.00

3 Muffins - \$2.50



Pie (lemon, coconut cream, apple) - \$6.00

Loaves (banana, zucchini, lemon) - \$4.00

Second Friday - 1:00 pm

Fourth Friday - 3:00 pm

**Limited Quantities so come early**

## Wednesday Bingo Fundraiser

Wednesday bingo is growing with good jackpots and cookie jars. It starts at 7 p.m. in the Centre dining room under the supervision of **Bill McLernan** and **Joe Melvin**. They are looking for new players so bring your friends and come along and join us.

## Attention Bridge Players



If you are looking for a friendly game of bridge, come to the Dartmouth Seniors' Service Centre on Tuesday evenings at

7:00 PM.

No partner necessary and a good time guaranteed.

All for only **\$2.50**

## Are you still receiving this newsletter in hard-copy?

To try the a electronic version, send an e-mail request to **bryetman@ns.sympatico.ca**. We won't remove you from our hard-copy mailing list until you've let us know that you can receive the electronic version successfully. And it's in colour.

You will need Acrobat Reader 9.0 to open the newsletter. This program is **FREE** by downloading it from the following web site: [http://](http://www.adobe.com/products/acrobat/readstep2.html)

[www.adobe.com/products/acrobat/readstep2.html](http://www.adobe.com/products/acrobat/readstep2.html)

It costs more to print and mail hard-copies than to send newsletters electronically. So, if you're on the Internet, and you haven't done so already, please **give us your e-mail address** so we can send you the newsletter electronically! The money saved is earmarked towards programs for your benefit.

## 'Happy Hour' - Don't Miss It

Join Ron Arsenault and his trio playing the sweetest music for dancing and romance in the metro area. Ron on the vocals, Jim Francais playing sax and Guy LeBlanc on the piano

**Last Friday of the month:**

**April 24, May 29, June 26**

**5 to 8 pm - Lounge, DSSC**  
(see calendar - page 3)

## Ron Arsenault Trio



Ron



Guy



Jim

## A Little Smile

**Dear Revenue Canada** or whatever your current name may be: Enclosed and/or attached, you will find my 2008 tax return showing that I owe \$3,407.00 in taxes. Please note the attached article from the Toronto Globe and Mail; dated 12 November, wherein you will see the Canadian Department of National Defense is paying \$171.50 per hammer and Fisheries and Oceans Canada has paid \$600.00 per toilet seat for its icebreakers.

As payment, I am enclosing four (4) toilet seats (valued @ \$2,400) and six (6) hammers valued @ \$1,029), which I secured at Canadian Tire, bringing my total remittance to \$3,429.00. Please

apply the overpayment of \$22.00 to the "Help Stephan Dion Election Fund," as noted on my return.

You can do this inexpensively by sending them one (1) 1.5" Phillips Head screw (see aforementioned article from The Globe and Mail detailing how the Department of Public Works pays \$22.00 each for 1.5" Phillips Head Screws). One Philips screw is enclosed for your convenience. It has been a pleasure to pay my tax bill this year, and I look forward to paying it again next year.

God Bless Canada!  
Sincerely,  
A Newfie



### From The Editor



**Return Address:**  
 Dartmouth Seniors' Citizens Service Centre  
 45 Ochterloney Street,  
 Dartmouth, Nova Scotia. B2Y 4M7



**Take Note:** As you are aware we have a Casino trip every two months in which a bus is available to take members to the Casino and then return to the Centre. But it has to be *booked and paid for in advance*. And when we say *in advance*, it really does have to be well before the date, almost as soon as the trip has ended.

But it has to be *booked and paid for in advance*.

It is with deep regret that our Executive Director Dave Camp is leaving shortly. From the time that Dave arrived to take over the position about five years ago, we struck up what I feel is a special friendship and will miss him greatly. He has been so helpful and encouraging with my position as Editor and at times I feel he should take it over as his talent with words just seem to flow effortlessly and is able to come to the point of his message directly and with a few well chosen words. Also his sense of humour certainly comes into play when I'm disgruntled with trying to get it finished on time and with his cajoling brings me back to 'getting on with it'. His empathy and patience for seniors is well known, which is much needed in this position as every day is often having to meet another crisis or problem. Not only do I admire his expertise on the computer, but also his trade skills doing many renovations around the Centre. Dave will be missed by his many friends in the Centre and I wish he and Holley many happy years in retirement.

*Bette*

A number of special events are coming up this spring at DSSC that you won't want to miss. One is our popular 14th Annual Lobsterfest on Tuesday, May 12th. As the ad on page 11 states, the lobsters really are large, usually at least two pounds and if you don't want lobster, the New York striploin steak is mouthwatering large and tender. Lots of fun with entertainment and prizes. Not to be forgotten is the \$20.00 income tax receipt. Be sure and get your tickets early as these go fast.

And for the Bingo lovers, we have the popular 'Merchandise Bingo' on May 9th at 1:00 pm. I don't know too much about Bingo but I've been assured that everyone has a great time at this event. With quite a variety of nice prizes and the camaraderie, should be a lot of fun.

A lot of you have responded to the plea to receive this newsletter by email. Not only does it save the Centre a considerable amount of money but also extra work by the faithful volunteers to print, fold, label and have it ready for mailing. We now have **180** members on email out of a total of **700**. Another plus is that it can be received in colour which helps to enhance the quality.

Did you know that except for a small number of paid staff, all these people you see working the phones, setting the noon meals, clearing the tables after mealtime, sorting the library books are all volunteers. Give them an extra smile and greeting when you see them for if it weren't for them, your Centre just couldn't operate. A special "Thank You" to all our faithful volunteers!

### 'No Scent' Policy No Scent is Good Sense

*In consideration of others, please do not wear perfumes or scented deodorants when you are in the Activity Centre.*

### Catering

Do you have an Anniversary or Birthday Party coming up or know of anyone who has. We have a great hall which seats 175 and standing for over 200. Great food and a bar is available also. We have a fine catering cook, **Dave Powell**.

For more information, call Activity Coordinator Carol Atkinson, 465-5578, ext. 12.



## DARTMOUTH SENIORS' SERVICE CENTRE

### 2009 REGISTRATION - ANNUAL MEMBERSHIP: \$15.00

2008 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 it in the office.*