

The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

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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)
Audrey Goodyer (Vice Chair)
Cal Lindsey (Treasurer)
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Terry Cooper
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Katharine Lindsey
Peter Majeau
William McLernon
David Millar
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Connie Wenaus

Executive Director

David Camp

Editor

Bette Yetman

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From Executive Director Dave Camp



By the time you get to read this edition of the Senior Connection, we will be entering a new fiscal year and ending a year in which a lot of things have happened, some good and some not so good.

As seems to be the case each year, we have lost a few of our members who have either passed away, become ill or relocated. These absences are always tough to accept, but things do move on and thankfully we always seem to come up with a few new people to fill some of the gaps in our ranks.

As you are all aware, the cost of doing business continues to escalate each year, but this year due to your generous support of our Comfort and Joy Appeals and our Spring and Fall Lotteries it looks as though we should finish the year in fairly decent financial shape. On the downside however our stock portfolio is suffering from instability in the market, so on paper we are now worth considerably less than we were this time last year. We are advised that this trend is a cyclical thing and that the market will level out over the long haul. Hopefully this assessment is accurate, but only time will tell.

On a brighter note, our activities seem to be holding their own. Our Happy Hours on the last Friday each month are really taking off and quickly becoming the highlight of the month. If you haven't attended one of these functions why not drop in? Admission is only \$2.00 and you will enjoy great entertainment and fine food. Spaghetti and Meatballs will be featured in March for only \$5.00. Where else can you find such great entertainment and food at these prices?

As some of you may have heard, effective April 1st I will be cutting back my hours here at the Centre. I will be working from Monday to Thursday on one week and Tuesday to Friday the next week. In other words, I will be working 80% of full time, thus saving the Centre 20% of my wages. This arrangement will be put into place on a trial basis but I see no reason why it will not be advantageous to both the Centre and to myself as I begin the downhill slide to full retirement (again) in another year or so.

I would be remiss at this point if I did not make special mention of Terry Constantineau who is leaving us very shortly to take up residence in Ottawa. You will, or have already, read more about Terry in this edition, but I wanted to pass on my personal best wishes to a wonderful lady who has been such a vital part of this Centre for the past several years. She is truly one in a million and will be very difficult to replace.

Hopefully you will continue to grace us with your presence as we enter into another year filled with popular and some new events. Don't be a stranger!

Getting To Know You . . .

Bill McLernon

I was asked by Bette Yetman to write an information article for the "Senior Connection". Nobody says "No" to Bette!

My name is Bill McLernon and I have served on the Board of the Seniors Centre for the past 17 years; Treasurer for 15 years and Chairman for one year.

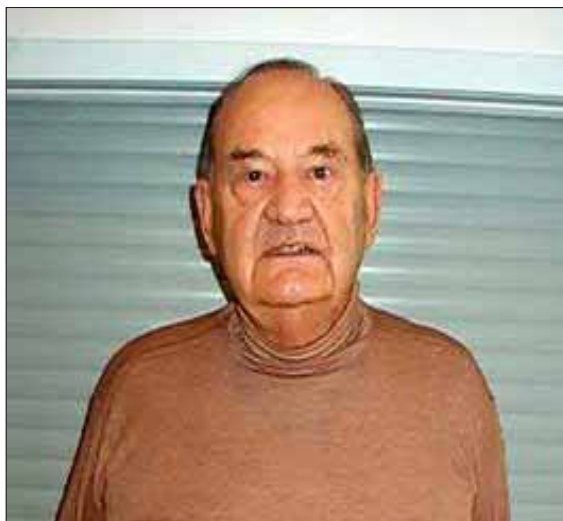
The last 25 years of my working life I spent with the Hudson's Bay Company as a manager. I joined the company in Ontario and came to Nova Scotia from a posting in Alberta. Having spent the last 35 years of my life in Dartmouth, I hope I can call myself a Nova Scotian.

I have been involved in most of the major fund raising projects for the past 15 years. In the last few years, along with Joe Melvin, I have chaired the weekly Wednesday night Bingo, which is itself a major fund raiser. I would like to thank our faithful staff who show up week after week and make their work look easy. Diane Muttart, Chelsey Bowser, Laura Savard and David Savard, we thank you. David Wolfe, Lois Hetherington and Barb Carrigan have also made major contributions to our Wednesday night Bingo.

The other fund raiser that I participate in regularly is our monthly dinner and bridge. On the first Thursday of each month we meet and have a great dinner followed by an evening of bridge. Do you have three friends who love to play bridge? If so, get a table together and spend a fun evening at the centre, all for just \$13.00 for members and \$15.00 for non-members. Dinner is served at 6:00 PM and we serve a second dessert at 9:30 PM

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.

Over the years I have made many new friends at the centre and have met many great volunteers. Most of the time my ex-



periences have been very positive from the day I retired 17 years ago when my neighbor, Connie Wenaus, came across the street and said "We need more retired businessmen to volunteer at the Seniors' Centre.".....and nobody says "No" to Connie Wenaus.

Best Wishes, Bill McLernon

New Parking Rules

We are pleased to announce that we have finally resolved the uncertainty relative to parking in the lot adjacent to the Fire Hall on King Street across from our building,

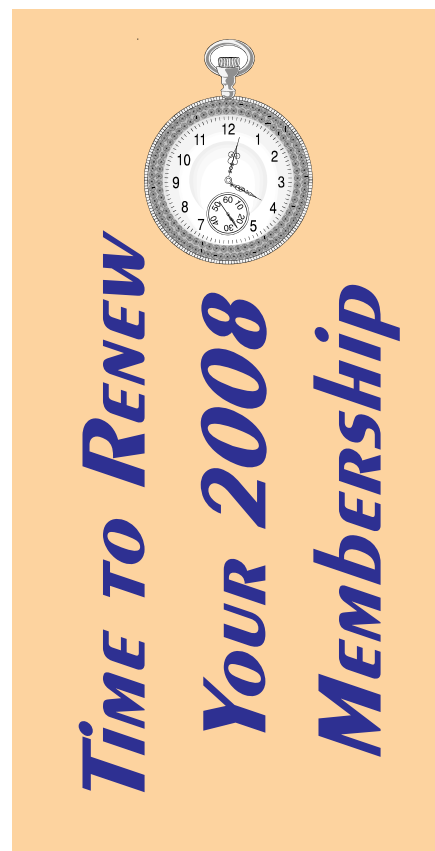
Through a cooperative effort between the Centre and the Dartmouth Non-Profit Housing Society we have been assigned six spaces in this lot. These spaces are those adjacent to the sidewalk to the left of the driveway. As soon as weather permits these spaces will be designated for DSSC and numbered. Signs will also be erected.

We now have six parking tags at the reception desk which will be available to **members only** on a first come first served basis. It is your responsibility to pick up your tag and hang it from your inside rearview mirror while parked on the lot. It is also incumbent

upon you to return the tag to the reception desk when you leave the lot.

Members and visitors to the Centre who park in spaces other than those assigned to us do so at the risk of being ticketed, and, or removed by the Housing Authority

Your cooperation is much appreciated.
(Dave Camp, Executive Director)



DSSC - Upcoming Events

March

21 - 24 - Easter Weekend - Closed

27 - Thursday - **Casino Trip** - 2:30 to 7:00 pm - advance tickets only. See Cash Office. Members \$6.00, Non-Members \$8.00

28 - Friday - **Happy Hour** - 5:00 pm; Ron Arsenault Trio, Spaghetti & meatballs.. Admission \$2.00. Meal \$5.00. Drinks. \$2.50.

April

3 - Thursday - April 3rd - Card Party and Supper - 6 p.m. Members \$13.00, Non-Members \$15.00

10 - Thursday - Pot Luck Supper & Dance - 5 p.m. Members - \$6.00 or food, Non-Members \$8.00 or food

15 - Tuesday - Day Drive to Sugar Moon Farm - 9:30 am to 2:30 pm - \$35.00. Pancake Lunch, Treats Available from Gift Shop
SOLD OUT - WAITING LIST (Call Carol Blue)

19 - Saturday - Volunteer Appreciation Reception - 1 p.m. to 3 p.m. Refreshments & Entertainment (Graham Bowser's Band)
BY INVITATION ONLY !

25 - Friday - **HAPPY HOUR** - 5:00 p.m to 8:00 p.m.- Admission \$2.00, Food \$5.00 (Ron Arsenault Trio) Watch Board for details.

May

1 - Thursday - Card Party and Supper - 6 p.m. Members \$13.00, Non-Members \$15.00

8 - Pot Luck Supper and Dance - 5:00 p.m. Members - \$6.00 or food, Non-Members - \$8.00 or food.

29 - Thursday - Casino Trip - Bus leaves at 2.30 p.m. and returns at 7 p.m. Members \$6.00, Non-Members \$8.00

30 - Friday - **Happy Hour** - 5:00 p.m. (Watch Board for Details)

DAY DRIVES START AGAIN IN MAY. WATCH BOARD FOR DETAILS

WATCH FOR BREAKFAST TV COMING SOON FROM DSSC

Check at the Centre for Special Events not on the calendar

DSSC Weekly Activities

March, April, May, June

| | | |
|--------------------|----------|--|
| Monday - | 1:00 pm | Tai Chi |
| Tuesday - | 9:00 am | Wood Sculpture, Water Colours, Crafty Ladies |
| | 1:10 pm | Bingo |
| | 7:00 pm | Bridge |
| Wednesday - | 8:30 am | Foot Clinic |
| | 10:00 am | Square Dancing |
| | 1:30 pm | Darts |
| | 7:00 pm | Bingo |
| Thursday - | 9:00 am | Oils & Acrylics |
| | 1:00 pm | Choir |
| | 2:30 pm | Qi Gong |
| Friday - | 1:00 pm | Duplicate Bridge |



Farewell, Good Luck And Many Thanks

Terry Constantineau



Terry Constantineau being presented with a farewell gift by DSSC Executive Secretary Joe Melvin.

They say that in every organization about 20% of the members do about 80% of the work. In the case of the Dartmouth Seniors' Service Centre over the past several years the first percentage may have been a bit smaller and the latter may have been a bit higher, thanks in large measure to the efforts of some very special people. Terry Constantineau was certainly one of these very special people.

Terry was best known for the past few years as the leader of the Fun and Fitness pro-

gram, but she was also known for a much longer period as a "Go To" person whenever a special project was being planned or carried out. She was a meticulous volunteer in the dining room where her sense of professionalism was in a class by itself. The same can also be said of the many gift baskets she put together for draws and special events, her unending efforts at keeping our premises decorated for Christmas and so many other special times of year, and in fact just about everything else that occurred here.

Terry has decided to relocate to Ottawa to be near her family and we wish here every good wish for the future. However, as Joe Melvin read from a card presented to Terry on March 10th as she ended her last Fun and Fitness class "Terry is leaving.....arggggh.....what will we do without her?" She will indeed be hard to replace and will be greatly missed by a large number of friends and all of us here at the Dartmouth Seniors' Service Centre.

Terry, best of luck for a great and long life in our nation's capital where your many attributes and positive qualities will also be appreciated. Au revoir, bon voyage et bon chance! (Dave Camp, Exec. Director)

Something Entirely Different - 'Coalition For Kids'

As many of you will remember, a few months ago we were the beneficiaries of a great meal and a bus trip to see the Paul Anka Show at the Halifax Metro Centre. This event was made possible through the generosity of supporters of an organization known as Coalition for Kids. Neil Harvey from the Coalition has a special affinity for seniors, his grandfather having been the founder of the first seniors club in London, England.

Since the Paul Anka evening we have kept in close touch with Neil and we have now been offered a unique way to act in partnership with **Chebucto Links**, **Northwood Centre** and **Spencer House** and help raise funds for the Coalition while at the same times becoming beneficiaries of a return gesture of thanks.

The Coalition has a luxury Bentley automobile and is in the process of taking possession of an even more luxurious Rolls Royce. Seniors are invited to have their picture taken at a cost of \$5.00. These pictures will be professionally applied to the exterior of the above mentioned Bentley where they will remain for a

period of one year. Each week names of seniors involved in this program will be drawn from our Centre and the other three centres on a rotating basis. The winner will be taken for a three to four hour scenic drive in this luxury automobile along with two friends. All three of you will be treated to a sumptuous meal at a popular restaurant along the way.

At the end of the year there will be a free major year end party with fabulous door prizes including trips to North American, European and Caribbean destinations, and other prizes including exclusive use of the Bentley automobile for a full week.

In addition, both the Bentley and the Rolls Royce will also be made available to seniors celebrating special occasions at rates far less than a commercial rental rate.

If you wish to receive more detail on this program drop by and see **Dave Camp** or **Carol Atkinson**. Either of us can provide more details of this unique opportunity for interaction between seniors and youth.

(Dave Camp, Executive Director)



http://www.coalitionforkids.ca/coalition_for_kids_main.html

Coalition For Kids International, Inc is a ground-breaking non profit children's organization, headquartered in Halifax, Nova Scotia, that commits 100% of its financial and human resources to the organization and children.

Scam Jam 2008

Fraud: Recognize It, Report It, Stop It

The Better Business Bureau invites you to attend "Scam Jam 2008", a Fraud Protection Seminar at the Lord Nelson Hotel on Thursday, March 27th, 2008 from 9:00 AM to 2:00 PM. Craig Hannaford of FRAUD SQUAD TV will be the guest speaker. Topics will be Identity Theft, Counterfeiting, Mass Marketing Fraud and Investment Scams.

We have a limited number of free tickets available. See *Dave Camp* or *Carol Atkinson* to get yours. Bring your ticket to the presentation to be entered for a door prize.



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**

HOME HELPERS

We are in urgent need of at least four homemakers to work in our Home Helpers program.

This work is basically light house-keeping for seniors. Remuneration is \$8.00 per hour and most assignments are of two hour duration.

For more information or to apply call Marva Fairfax at 465-5578.

A group of Americans were traveling by bus through Holland. As they stopped at a cheese farm a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where goats were grazing.

"These goats" she explained "are put out to pasture when they no longer produce" She then asked "What do you do in America with your old goats?" A spry old gentleman answered "They send us on bus tours!"

Northwood Telecare

The program is a FREE daily phone call to those Seniors who live independently and are lonely or at risk. If you live in HRM or a family member or friend does - and this is YOU.

Please call **Jack Jones** at 455 0525 for more details.

Remember its FREE.



TV BINGO

In partnership with



Wednesdays at 6:00PM on EastLink Television

CARDS SOLD AT DSSC



Our monthly Happy Hours are catching on very well. Why not join us on the **last Friday of each month** at 5:00 pm for a couple of hours of entertainment, social interaction and great food at great prices.... all with the small admission charge of **\$2.00**..

In keeping with normal happy hour tradition we have also reduced bar prices for these events. All drinks, including beer, wine and spirits are available for **\$2.50**. Watch the board and monthly calendars for the entertainment and food to be featured each month.

Our Happy Hour on **Friday, March 28th** features the Ron Arsenault Trio plus our special spaghetti and meat balls.

Fun time for everyone!

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 provide three times per week: Monday, Wednesday, and Friday. As of June 1st, 2007, the price will be \$6.00.

Our delicious meals 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.

- 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: **CFDR, CHNS, CBC, CJCH, and SUN-FM, Seaside FM.**

- Volunteer drivers with vehicles receive mileage and also their noon meal at the Centre.

- Volunteers are always needed so if anyone would like to volunteer to help with this necessary program, call the Centre or see **Marva Fairfax** 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.

\$9.50 per hour (minimum 2 hours)

Call Marva 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: Marva at 465-5578

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, '62.' He was quiet for a moment, and then he asked, 'Did you start at 1?'

When my grandson asked me how old I was, I teasingly replied, 'I'm not sure.' 'Look in your underwear, Grandpa,' he advised. 'mine says I'm four to six.'



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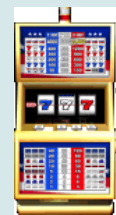
Home Support Services:

Personal Care, Homemaking, Maternity/Infant Care, Respite Care

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454-2571

CASINO Trips



THURSDAY -
MARCH 27 &
MAY 29

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

DARTMOUTH SENIORS' SERVICE
CENTRE

CASH OFFICE FOR TICKETS

Health and General Items of Interest

Easter

Early Easter is not to be seen in our lifetime again

Easter this year is: Sunday March 23 2008

As you may know Easter is always the 1st Sunday after the 1st full moon after the Spring Equinox (which is March 20). This dating of Easter is based on the lunar calendar that Hebrew people used to identify passover which is why it moves around on our Roman calendar.

Found out a couple of things you might be interested in!

Based on the above, Easter can actually be one day earlier (March 22) but that is pretty rare.

This year is the earliest Easter any of us will ever see the rest of our lives! And only the most elderly of our population have ever seen it this early (95 years old or above!). And none of us have ever or will ever see it a day earlier! Here are the facts: The next time Easter will be this early (March 23) will be the year 2228 (220 years from now). The last time it was this early was 1913 (so if you're 95 or older you are the only ones that were around for that!).

The next time it will be a day earlier March 22 will be in the year 2285 (277 years from now). The last time it was on March 22 was 1818. So no one alive today has or will ever see it any earlier than this year!

**•••••
• Are you still receiving this
• newsletter in hard-copy?
•**

• **If you have Internet access**, you can save us money by joining our electronic distribution list. 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.

• It costs us a lot 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.

•••••

You Can Prevent Falls!- Veterans Affairs Canada and Health VeterCanada

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.
- Use medication wisely. Some prescription and nonprescription drugs can affect your balance and coordination. Avoid mixing alcohol and medications.
- Eat regular, healthy meals. You are what you eat.
- Get up slowly after eating, lying down or resting. Low blood pressure at these times may cause dizziness.
- Visit your doctor every year to assess your health and discuss any recent changes.

Forever Young

Maclean's magazine, January 21, 2008

Older really does mean wiser. A new study out of Denmark reveals that the human brain actually sharpens with age —

rather than diminishing. After tracking more than 4,000 people over a 20-year span, researchers found that math skills remain relatively constant, while verbal and writing abilities improve dramatically with each passing birthday. Now, if only scientists could explain why some senior citizens seem so determined to relive their youth.

In California, a 74-year-old grandmother was busted for running a marijuana growop recently. And in Ontario, police on the lookout for street racers pulled over an 85-year-old man driving his beloved Oldsmobile 161 km/h.

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign...

"Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."



Health and General Items of Interest

FDA approves first skin patch for Alzheimer's

Treatment reduces gastrointestinal side effects of drug

WASHINGTON - The first skin patch to treat the dementia that can plague Alzheimer's patients gained federal approval, a drug company said Monday.

The drug in the patch, called Exelon or rivastigmine, is the same as that now available in capsule form but provides a regular and continuous dose throughout the day, according to Novartis Pharmaceuticals Corp. Since the drug enters the bloodstream directly, the patch also eliminates some of the gastrointestinal side effects associated with the drug when swallowed.

The drug is meant to treat the symptoms of mild to moderate dementia in patients with Alzheimer's disease. It also won Food and Drug Administration approval to treat patients with mild to moderate Parkinson's disease dementia, Novartis said.

About 4.5 million Americans have Alzheimer's. As the disease progresses, it robs patients of their memories and changes how they both think and behave. It's ultimately fatal.

Rivastigmine isn't a cure. It inhibits the breakdown of a chemical in the brain called acetylcholine, thought important for both learning and memory.

Novartis said the prescription patch would be available soon. The patch is made by Germany's LTS Lohmann Therapie-Systeme AG and distributed by Novartis Pharmaceuticals, part of Switzerland's Novartis AG.

Who Knew Cranberry Juice Did This?

from *CompuServe News*, Add cranberry juice to your grocery list. Turns out that drinking just two 8-ounce glasses of cranberry juice daily will significantly raise the level of HDL "good" cholesterol and increase the blood's plasma antioxidant levels. The takeaway: Cranberry juice lowers your risk of deadly heart disease by as much as 40 percent. Scientists have long suspected this was true, but until now there were no human studies to confirm it." This study gives consumers another reason to consider drinking cranberry juice, which has more health benefits than previously believed. People should con-

sider drinking it with their meals, perhaps as an alternative to soda," Joe Vinson, the study's lead author and a professor of chemistry at the University of Scranton, said in a news release.

The study was presented at the annual meeting of the American Chemical Society.

How cranberry juice changes the level of HDL cholesterol is not known, but Vinson suspects it has something to do with the fruit's high levels of *polyphenols*, a potent antioxidant. Vinson recommends drinking low-sugar cranberry juice with an artificial sweetener for the greatest health benefit. Previous research has shown that cranberries can help prevent urinary tract infections and may reduce the risk of gum disease, stomach ulcers, and cancer.

A study last fall by researchers at the University of Michigan in Ann Arbor showed it can help prevent ear infections in children.

Ham Sandwich

A priest and a rabbi were seated side by side in an airplane. After awhile the priest turned to the rabbi and asked, "Is it still a requirement of your faith that you not eat pork?"

The rabbi responded, "Yes, that's still one of our beliefs."

The priest then asked, "Have you ever eaten pork?" To which the rabbi replied, "Yes, I once did succumb to temptation and ate a ham sandwich."

The priest nodded in understanding and went on with his reading. Awhile later, the rabbi spoke up and asked the priest. "Father, is it still a requirement of your church that you remain celibate?"

The priest replied, "Yes, that still remains part of our faith." The rabbi then asked him, "Father, have you ever fallen to the temptations of the flesh?"

Hesitantly, the priest replied, "Yes, rabbi, on one occasion I was weak and broke with my faith."

The rabbi nodded understandingly. He was silent for about five minutes, and then he said, "Beats the hell out of a ham sandwich, though, doesn't it?"

Apology -

In the Winter 2008 Senior Connection, DSSC Director Dave Millar's name was spelled as Miller. We do regret this mistake.

DSSC Activity Group Report

Tuesday Crafty Ladies



We missed having a message in the Fall issue of Connections and had very little advertising for our

Christmas Craft and Bake Sale, but we all pulled together and worked hard, and had another successful sale on Saturday, December 1st, 2007. **David Powell** worked late on Friday night, after the day's activities at the Centre, and set up our tables for an early start in the morning - Thank you, David. The tables in the dining room held a great variety of knitting, crocheting, dolls and craft items and there were plenty of customers.

The kitchen staff provided a nice luncheon of soup, biscuits and desert which we sold tickets for, and had a good crowd to enjoy it. Thank you Matt and your staff.

Again we thank **Terry Constantineau** and her sisters, who contributed to, and set up and worked the plentiful bake tables in the lounge. It was the largest and most successful bake sale we have had. We will miss Terry and her family when they can no longer help us.

For a few months before the sale we sold tickets on a beautiful, hand crocheted, round tablecloth, which had been donated by **Winnetta Hilton**. It was won by **Sandy Cameroiin** of Dartmouth.

The raffle held at the sale on the hand-knitted Mr. & Mrs. Santa Claus, made by **Katharine Lindsey**, was won by **Betty Ann Baert** of Dartmouth. (Cele MacAlpine)

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

Meet And Support Our Advertisers

Nancy Graham, M.Sc., Aud.(C)
Clinical and Dispensing Audiologist

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Darrell Dexter, MLA

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**Councillor Andrew
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7 a.m. - 11 p.m.



Marilyn More, MLA

Dartmouth South - Portland Valley

Constituency Office

135 Portland Street
Dartmouth, Nova Scotia B2Y 1H9

Ph: 902-463-6673 / Fax: 902-463-4973
e-mail: marilyn@marilynmore.ca

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David H. Mattatall
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McCluskey**
District 5, Dartmouth Centre

490-7033 (Office)
476-1667 (Cell)
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FOR ONCE THE BLONDE GETS EVEN!

A trucker came into a truck stop cafe and placed his order. He said, "I Want three flat tires, a pair of headlights and a pair of running boards."

The brand new blonde waitress, not wanting to appear stupid, went to the Kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards. What does he think This place is ... An auto parts store?"

"No," the cook said. "Three flat tires mean three pancakes, a pair of headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon." "Oh, OK!" said the blonde.

She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer. The trucker asked, "What are the beans for Blondie?" She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

From The Editor

On my kitchen wall is a small ornamental plaque that my school teacher father always hung in whichever classroom he was teaching. The message is simple. 'Initiative - Doing the Right Thing Without Being Told'.

This exemplifies Terry Constantineau when one sees her darting around the Centre. Terry never waited for someone to tell her to do something that needed to be done - she did it. Ottawa's gain is certainly our loss. Our very best wishes to Terry in her new home.

'Happy Hour' on the last Friday of the month, began about three months ago on a trial basis and is fast becoming a great success. Where else, for a \$2.00 cover charge can you have a meal for \$5.00, drinks for \$2.50 and listen to, or dance, to an orchestra. Word must be getting around as each Friday, more and more people are turning out. The fun starts at 5:00 pm.

Welcome to our new advertiser, *Kiwanis TV Bingo*. Remember, our advertisers not only support the Centre but their ads cover the major portion in producing this news-

letter which is for the benefit of the members. Please support your advertisers.

This issue of the Senior Connection is being published earlier than usual as David Way is leaving shortly on holidays. Without his coordinating efforts it would take a far lengthier time to get it ready for mailing. Be sure and come back, David.

Have you renewed your membership for 2008? Executive Director Dave Camp just has just sent out almost **200** renewal reminder letters! I am sure everyone realizes the benefits of the Centre, whether it's Meals on Wheels, a comfortable lounge for a moment's rest or always cups of coffee and tea on hand. But, it **must be** supported. Don't put that letter from Dave aside to be looked after at a latter date. *Renew your membership now!*

Until next time,

Bette Yetman



Moving?

Don't forget to send us your change of address to help us maintain a current mailing list. Returned correspondence and newsletters WILL NOT be forwarded.

Reminder



Don't forget to renew your membership in DSSC. The best bargain in town for only \$15.00.

'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.

DARTMOUTH SENIORS' SERVICE CENTRE

2008 REGISTRATION

ANNUAL MEMBERSHIP: \$15.00

2007 Membership Number: _____

Name: _____

Address: _____ **Postal Code:** _____

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

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.



Return Address:
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