

The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

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

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Winter 2008

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)
Joe Melvin (Executive Secretary)
Terry Cooper
Thelma Coward-Ince
Katharine Lindsey
Peter Majeau
William McLernon
David Millar
Carmen Moir
Connie Wenaus

Executive Director

David Camp

Editor

Bette Yetman

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From Executive Director *Dave Camp*



As we begin a new year, may I begin by extending sincere best wishes to you and your loved ones from all of the staff here at the Centre. We trust that you had a great Christmas and that 2008 will be your best year ever.

As we begin a new year it is sometimes wise to look back at the year just ended and think a bit about what we did well and what was not quite so successful.

Here at the Dartmouth Seniors' Service Centre, 2007 was a busy year to say the least but it was also a year of unexpected expenses. Our building and equipment are now approaching 22 years of age and, not surprisingly, some of our kitchen and laundry equipment has begun to show its age.

We experienced major expenses with our walk-in freezer, our dishwasher, and our laundry equipment and as a result were required to spend some \$12,700 which had not been budgeted.

For reasons unforeseen we had to cancel our Annual TV Auction and this left a gaping hole in our revenue projections. However, on a brighter note, our Spring and Fall Lotteries and our Comfort & Joy Appeals were extremely successful. We also received generous support from the Crafty Ladies and the Friday Bridge Club which went a long way to covering what would have been a serious shortfall if not for this hard work and generosity. Perhaps the highlight of our year was the Community Leadership Recognition Dinner held at the Holiday Inn on October 25th. People are still talking about this event which incidentally will be held again this year on September 25th. Be sure to reserve this date on your calendar.

From a staffing perspective, **Karin O'Hearn**, our long time Activity Coordinator, left us to accept new employment and has been replaced by **Carol Atkinson**, who returns to us after a few years absence. **Pat Carrigan**, also a long term employee, fell victim to a staff reorganization and the installation of new, more efficient laundry equipment.

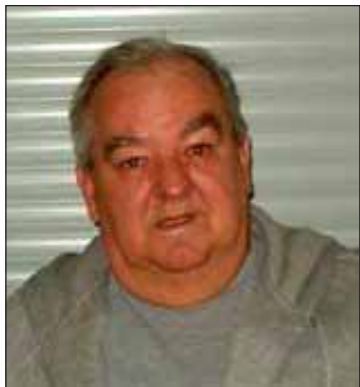
Sadly, we lost a few of our well known and active members, who either passed away or moved into senior care residences, but again on the bright side many of our activities enjoyed increased participation, so all in all the year was pretty successful.

As we reviewed the year one thing became obvious. We have for too long been too generous and too accepting of non-members who regularly use our premises and participate in our activities, but who do not help to support us by paying an annual membership. In order to address this situation the Executive Committee has instructed that, commencing February 1st, 2008, members will be given preference for all special events and a non-member surcharge will be imposed upon non-members. For example, the Tattoo and Casino Trips, Supper and Cards, and Pot Luck Suppers will each have a surcharge of \$2.00 applied for non-members. Other activities will be adjusted as deemed necessary and non-members who visit the centre on a regular basis will be asked to pay at least a token fee for tea and coffee.

Although there will no doubt be some concern raised regarding this policy change, it has been decided that this is the only fair way to handle this issue. Therefore, non-members are invited to apply for membership to avoid these extra charges.

Please feel free to continue to contact me whenever I or the staff can be of assistance.

Getting To Know You . . .



David Way - Volunteer Extra Ordinaire

Every organization has a small group of members who carry the lion's share of the load. We here at the Dartmouth Seniors' Service Centre are very fortunate to have such members and we felt it is time to recognize some of these people, whose efforts often go more or less unnoticed by the rank and file members. David Way is a one in a million volunteer whose contributions are long overdue to be recognized.

David was born in Woodside in 1941 and from the age of 13 he has been employed in a number of jobs. His occupations included gas pump attendant, bottling plant worker (Bet you don't even remember the old Arctic Beverages do you?), trucker, concrete plant worker and involvement in the wholesale food and confectionary business.

David moved to Ontario in 1980 where he worked until 1991 at which time he returned to Dartmouth where he operated his own small business until health issues forced him to retire. He may have retired but he sure hasn't stopped.

David moved into Alderney Manor in 1996 and began to volunteer here at DSSC in 1998. He transferred from Alderney to Nantucket Place in 2004. Since 1998 David has been a daily fixture here at the Centre and since moving into Nantucket it is a rare day that he is not the first member to enter our premises each morning, and he doesn't come in just to visit, he comes here to help out.

Many of our volunteers specialize in one area of our operation but David is a jack of all trades. He has fixed more things than even he can recall, he helps out regularly with our Bingo and Pot Luck Suppers, runs errands and bottles wine for our bar, and the newsletter you are reading was most likely folded, stapled and labeled by David. As frequently as David says good day, he is just as likely to be asking "Is there anything I can do?" And, lo and behold, there usually is.

David Way, a great guy and a wonderful and productive volunteer. David, we salute you and offer our sincere thanks. Without people like you we would be hard pressed to operate.



**Choir Director
Leo Poirier**



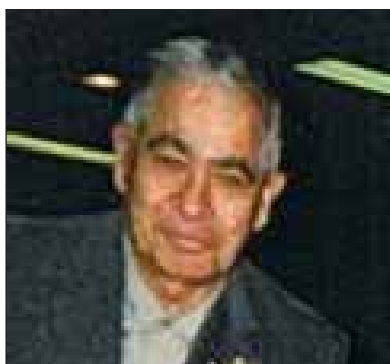
**Duplicate Bridge Director
Roy Yetman**

Dusty faced more challenges than most young people growing up as his parents, George and Ruth Miller were lightkeepers of Pompquet Island near Antigonish. His schooling up to, and including Grade 12 was done by correspondence course from Halifax.

Joining the RCN in 1952 and serving 24 years, on retirement worked another 13 years as Service Technician with Hilti Canada before he ended up serving in the Commissionaires at the Stanfield International Airport.

First children born to Eileen and Dusty were identical triplet sons, followed one at a time by three daughters. Later on they adopted a boy to finish the family.

Dusty is serving as *Promotions Chair* on the Board of Directors of DSSC, and also Bartender when required. Among his hobbies are darts, woodworking, camping and decorating. Making use of



Director Dave "Dusty" Miller

his hobby of darts, Dusty is Chair of the Darts Committee and every Wednesday at 1:30 pm is enjoying that sport with friends. He also used his woodworking expertise to build the rooms housing the bar and office supplies.



**Chair of Woodworking
John Horne**

DSSC - Upcoming Events

January

- 25 - Friday - **Happy Hour** - 4:30 pm;; food and entertainment.
- 31 - Thursday - **Casino Trip** - 2:30 to 7:00 pm - \$6.00 - [advance tickets only. See Cash Office.](#)

February

- 7 - Thursday - **Card Party**. 6 pm. Cards only: \$5.00; Supper: \$8.00; Cards & Supper: \$13.00
- 9 - Saturday - **Valentine Tea** - 11:30 am to 2:30 pm. \$6.00; Lots of special surprizes; [advance tickets only. See Cash Office](#)
- 14 - Thursday - **(Heart Day) Birthday Potluck Supper**. 5:30 pm. Bring food to share or \$6.00. Dance with music by Silver Wings. Register with Carol Atkinson to celebrate your birthday.
- 29 - Friday - **Happy Hour** - 4:30 pm; food and entertainment.

March

- 1 - Saturday - **Giant Merchandise Bingo** - \$20.00 - Extra games plus door prizes, food for sale: [advance tickets. See Carol Atkinson](#)
- 6 - Thursday - **Card Party**. 6 pm. Cards only: \$5.00; Supper: \$8.00; Cards & Supper: \$13.00
- 13 - Thursday - **Birthday Potluck Supper**. 5:30 pm. Bring food to share or \$6.00. Dance with music by Silver Wings. Register with Carol Atkinson to celebrate your birthday.
- [21 - 24 - Easter Weekend - Closed](#)
- 27 - Thursday - **Casino Trip** - 2:30 to 7:00 pm - \$6.00 - [advance tickets only. See Cash Office.](#)
- 28 - Friday - **Happy Hour** - 4:30 pm; food and entertainment.

Check at the Centre for Special Events not on the calendar

DSSC Weekly Activities

January, February, March

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 -	9:00 am	Foot Clinic
	10:00 am	CFQ Qigong
	1:30 pm	Darts
	7:00 pm	Bingo
Thursday -	9:00 am	Oils & Acrylics
	1:30 pm	Choir
Friday -	1:00 pm	Duplicate Bridge

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.***



TIME TO RENEW
 Your 2008
 MEMBERSHIP



Cliff Moir, Jim Connors, Audrey Manzer, Dr. Wylie Verge, Robbie Robertson

Community Leadership Recognition Dinner



Grand Prize Winner
Holley Parker Camp

On Thursday, October 25th, 2007, we held a spectacular dinner and presentation ceremony at the Holiday Inn Harbourview with approximately 250 people in attendance.

Guests were treated to a first class evening with a reception featuring harp and flute music, followed by a sumptuous roast beef dinner.

This event, which was chaired by Audrey Goodyer, our Vice Chair, with Rollie Thornhill acting as MC, was held to honour five outstanding citizens of Dartmouth. Honorees were Jim Connors, Audrey Manzer, Cliff Moir, Robbie Robertson and

Dr. Wylie Verge, all of whom have made very significant contributions to our city.

Numerous prize draws were held during the evening with Holley Parker Camp winning the grand prize of a trip for two anywhere in Canada that WestJet flies. Other prizes included train and bus trips, restaurant meals, hotel accommodations, pearl earrings, an MP3 player, grocery certificates and other items too numerous to mention.

This night was an overwhelming success and will become an annual affair. Keep September 25th, 2008, open for this years event.



Master of Ceremonies Rollie Thornhill,
DSSC Vice Chairman Audrey Goodyer



Connie & Quentin Wenaus

Giant Merchandise Bingo



Saturday - March 1st, 2008
6:00 p.m.

Merchandise prizes ONLY (No cash prizes)

\$20.00 entrance books

(extra books sold at the door)

Mini games 6:00 p.m.

Regular games 7:00 p.m.

Door prizes, letter L.

Refreshments sold

Prizes on display Tuesday afternoons

& Wednesday night bingos

For more information contact:

Carol Atkinson or David Way

465-5578

Duplicate Bridge Fundraiser Report

In 2007 we averaged 18 tables every week, a small decrease from the previous year.

The highest scores went to **Doug** and **Barb Miller** again, with **16** top scores, followed by **Tony Morris** with **14**.



This fundraiser raised **\$12,650** for the year after expenses. In December a Kiwanis Christmas cake was raffled at one of our bridge sessions and raised a further **\$50.00** before year's end.

We play Duplicate Bridge every Friday starting at 1:00 p.m. and try to arrange partners if one is needed. Call Roy Yetman at 464-9888 to help arrange for a partner.

I would like to thank all club members who do the preparation of tables, scoring, along with the housekeeping staff that prepared cookies, coffee and tea for our enjoyment.

(Roy Yetman, Chair Duplicate Bridge)

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**



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A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him in front of the service station. Finally, the attendant motioned him toward a vacant pump. "Reverend," said the young man, "sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business."

Some of The Many Services Available at the Dartmouth Seniors' Service Centre

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. 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 re-

quested 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

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.

Seniors Bingo

Wednesday - 7:00 PM

Regular Games - \$15.00

Special Games - \$30.00

Early Bird Game and Cookie Jar

Tuesday - 1:10 PM

Regular Games - \$10.00

Special Games - \$15.00

I am proud to Support the
Dartmouth Seniors' Service Centre

Congratulations to
Outstanding Community Leaders

Jim Connors, Audrey Manzer
Cliff Mair, Robbie Robertson
& Dr. Wylie Verge



Mike Savage, M.P.
Dartmouth-Cole Harbour

Phone: 462-6453 Fax: 462-6493
msavage@ns.aliantinc.ca
www.mikesavage.ca

How Old Are You?

*Age is a quality of mind
If you have left your dreams behind,
If hope is cold,
If you no longer look ahead,
If your ambition fires are dead—
Then you are old.*

*But if from life you take the best,
And if in life you keep the jest,
If love you hold;
No matter how the years go by,
No matter how the birthdays fly—
You are not old.*

Health and General Items of Interest

The Worlds Best Kept Auto Secret

I have been driving (legally) for over a decade. One would think I would have noticed the little secret on my dash that was staring me right in the face the whole time. I didn't and I bet you probably haven't either.

Quick question, what side of your car is your gas tank? If you are anything like me, you probably can't remember right away. My solution is to uncomfortably stick my head out the window, strain my neck and look. If you don't do this in your own car you definitely have done it in a borrowed or rental car.

you will no longer look like Ace Ventura on your way to the gas station or put your neck at risk of uncomfot or injury. If you look at your gas guage, you will see a small icon of a gas pump. The handle of the gas pump will extend out on either the left or right side of the pump. If your tank is on the left, the handle will be on the left.

If your tank is on the right, the handle will be on the right. It is that simple! I don't know how you feel right now but when I found out this morning I felt cheated!

Why don't the dealers share such important information with car buyers? I don't understand why this isn't in the drivers ed manual? I don't get why any mechanic I have ever been to or known has never thought of mentioning this to me? The only possible explanation can be that all these people probably don't even know!

Go out and share the world's best kept auto secret with your friends as this is information is way too important to be kept secret.

Green Tea Keeps Skin Glowing

Caffeine and green tea may protect against skin cancer and slow down the effects of aging. Research at the Medical College of Georgia, Augusta, shows that phenols and antioxidants in the tea work as anti-aging agents in the skin, while a study at the State University of New Jersey shows that green tea and caffeine get rid of pre-cancerous skin cancer cells. When animals were given green tea as their only drink, cancer cell production decreased by 40%. Researchers fund that rubbing caffeine into the skin speeded up the removal of the pre-cancerous lesions.

Prior Pneumonia Vaccination & ICU Admissions

Among adults hospitalized for pneumonia, those who have been vaccinated against the illness are less likely than unvaccinated patients to require ICU admissions, researchers report in *Archives of Internal Medicine*.

Some 3400 adults with community-acquired pneumonia were admitted to six Canadian hospitals from 2000 to 2002; about one-fifth had previously received *pneumococcal* vaccine. After multivariate adjustment, the composite of in-hospital death or ICU admission occurred about 40\$ less often among vaccinated than unvaccinated patients - a difference owing largely to a lower rate of ICU admission among vaccinated patients. The protective effect remained in analyses limited to adults 65 or older.

The authors speculate that "even when the antibody response is not sufficient to prevent pneumonia, the hosts' response may still be sufficient enough to moderate outcomes once pneumonia establishes itself."

Source: *Physician's First Watch*

The Veteran On Our Ten Dollar Bill

If you have a Canadian \$10 bill, look at the back right side of the bill. You will see an old veteran standing at attention near the Ottawa war memorial. His name is Robert Metcalfe and he died last month at the age of 90.

That he managed to live to that age is rather remarkable, given what happened in the Second World War. Born in England, he was one of the 400,000 members of the British Expeditionary Force sent to the mainland where they found themselves facing the new German warfare technique - the Blitzkrieg. He was treating a wounded comrade when he was hit in the legs by shrapnel. En route to hospital, his ambulance came under fire from a German tank, which then miraculously ceased fire. Evacuated from Dunkirk on HMS Grenade, two of the sister ships with them were sunk. Recovered, he was sent to allied campaigns in North Africa and Italy.

En route his ship was chased by the



German battleship Bismarck. In North Africa he served under General Montgomery against the Desert Fox, Rommel. Sent into the Italian campaign, he met his future wife, a lieutenant and physiotherapist in a Canadian hospital. They were married in the morning by the mayor of the Italian town, and again in the afternoon by a British padre. After the war they settled in Chatham where he went into politics and became the warden (chairman) of the county. At the age of 80 he wrote a book about his experiences and on his retirement he and his wife moved to Ottawa.

One day out of the blue he received a call from a government official asking him to go downtown for a photo op. He wasn't told what the photo was for or why they chose him. "He had no idea he would be on the bill," his daughter said. And now you know the story of the old veteran on the \$10 bill.

What You Should Know About Generic Drugs

In recent years, drugs have become increasingly popular within the over \$30 billion US and Canadian prescription drug market. US prescription drug market in fact, generic drugs now account for approximately one-third of prescriptions.

So why are generic drugs becoming so popular? For one reason, in 1984, federal legislation made generic drug approval easier. Plus, patients for many of the most frequently prescribed drugs have expired, allowing for generic competition. Perhaps the biggest reason for the generic drug boom is economic. According to the FDA, generic drugs generally cost 30 to 40 percent less, and often as much as 80 percent less, than their name-brand counterparts.

Usually, generics are exactly the same as their brand-name equivalents. However, some name brand manufacturers may correctly claim their products are better absorbed within the body than their generic competition leading to quicker relief. This is particularly true with antibiotics, antihistamines and analgesics. If you're thinking about changing from a brand name to a generic products, don't do it on your own. Some substitutions can be inappropriate.

Consult your doctor for a generic equivalent. Or, tell your pharmacist you want the generic version, and ask him or her to call your doctor for approval.

Source: *Sharon Williams, RN*

Health and General Items of Interest

Vial Of Life



The Victorian Order of Nurses, in conjunction with Metro Regional Housing Authority and the Dartmouth Seniors Service Centre, is offering the free Vial of Life to interested seniors.

The Vial of Life is a pill bottle which contains a list of your important medical information. The pill bottle is kept inside your fridge, on the door. A Vial of Life sticker is placed on the outside of your fridge door.

In the event of an emergency in your home, paramedics and other health care providers can use the Vial of Life to access your medical information accurately and quickly. This information can help emergency personnel provide rapid and accurate care during an emergency.

If you are interested in obtaining a Vial, or for more information, please contact the Victorian Order of Nurses' Senior Information Line at 454-5755.

Getting The Most From Juice

To help get your recommended daily servings of fruits and vegetables, make juice part of your 5-a-day plan. Aim for a variety of juices so you get a variety of nutrients and keep the following in mind:

- To get the equivalent of 1 serving, you need to drink 3/4 cup (6 ounces) of 100% juice.

- The term "juice" applies only to products that are 100% juice, don't have any added water or sweeteners. Terms such as "cocktail", "drink", "punch" or "beverage" indicates a diluted juice that may have sweeteners added.

- Juice that's "from concentrate" or "reconstituted" is considered 100% juice. Water has been added to juice concentrate to bring the product up to a standard liquid content.

- "Not from concentrate" indicates fresh-squeezed juice that's 100% juice if no water or sugar has been added. Fresh-squeezed juice may or may not be pasteurized to eliminate harmful bacteria. The FDA requires warning labels on all unpasteurized juices.

Don't depend only on juices to meet your recommended 5-a-day servings of fruits and vegetables.

Source: *Mayor Clinic Health Letter*

Bladder Cancer

Most tumors of the urinary bladder are malignant. They are likely to develop after the age of 50, and men are more susceptible than women. At least 95 percent of these tumors are carcinomas or papillomas. These cancers are unique, especially papillomas.

When the first tumour is removed, another develops months or years later. It is a new lesion and likely to be more malignant than the first. And this type of recurrence may happen over and over again. This is why urologists insist on looking into the bladder every three to six months after the first neoplasm is removed.

The incidence of bladder tumours is increasing among our population. In 2002, it was estimated that 56,000 (US) new cases would be reported. Overall, bladder cancer incidence is about four times higher in men than in women. On the other hand, the death rate has not risen due, perhaps, to improvement in early diagnosis and treatment. Cancers of the bladder may grow for varying periods of time without producing any symptoms. They are always suspected when the individual suddenly, and for no apparent reason, urinates blood. Should this painless, but serious, sign develop, consult with your physician without delay. He may recommend an urologist who will try to find the source of the bleeding. If nothing is done about the sudden bleeding, it may stop spontaneously. However, signs of bladder irritations and infection may soon ensue with queasy urgency, and difficult and painful urination. Diagnosis is made by looking into the bladder with a cystoscope and doing a biopsy. With this procedure, the surgeon determines the size, shape and location of the tumour.

In some instances, the top of the lesion may have sloughed off, leaving a bleeding ulcer. A pap test of the urine may reveal cancer cells. X-rays of the kidneys and an examination of the prostate gland in men, complete the study. Some vesical tumours can be removed with electrocoagulations or cutting electric currents inserted through the opening in the scope. Radon seeds can be inserted in the same way. Serious lesions require abdominal surgery, which involves removal of part of, or the entire, bladder.

Source: *T.R. Van Dellan, MD, Columbia, Missouri*



Our monthly Happy Hours are catching on very well. Why not join us on the **last Friday of each month** at 4:30 pm for a couple of hours of entertainment, social interaction and great food at great prices...

all with no admission charge. 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.

See 'Upcoming Events' on page 4 for details. *Fun time for everyone!*

Casino Trips

Thursday -
JANUARY 31
MARCH 27

BUS LEAVES CENTRE: 2:30 p.m.

RETURNS AT: 7:00 p.m.

TICKETS: \$6.00 by BUS OR OWN
TRANSPORTATION.

REGISTER EARLY!

ALL TICKETS MUST BE PAID IN
ADVANCE

DARTMOUTH SENIORS' SERVICE
CENTRE

CASH OFFICE FOR TICKETS

Two men, Bubba and Earl, are out hunting when Earl falls to the ground, his eyes rolled back in his head. Bubba whips out his cell phone and calls 911.

"My friend looks like he's dead! What can I do?"

The police operator, in a calm soothing voice says, "Just take it easy. First, let's make sure he's dead."

There is a silence. A shot is heard. "OK, Now what?"

Meet And Support Our Advertisers

Nancy Graham, M.Sc., Aud.(C)
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Darrell Dexter, MLA

Cole Harbour

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**Councillor Andrew
Younger**
District 6, East Dartmouth-The Lakes

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476-1727 (Cell)
490-5983 (Fax)

For more information about HRM, visit www.halifax.ca
Or, call the Call Centre, 490-4000
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

HERITAGE HOUSE

Law Office

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

490-7033 (Office)
476-1667 (Cell)
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For more information about HRM, visit www.halifax.ca
Or, call the Call Centre, 490-4000
7 a.m. - 11 p.m.

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Rates for larger size advertisements are
available on request.

Why Some Parents Drink

A boss wondered why one of his most valued employees had not phoned in sick one day. Having a problem with one of his main computers, he dialed the employee's home phone number. He was answered with a child's whisper.
 "Hello". "Is your daddy home?" he asked.
 "May I talk with him?"
 The child whispered "No".
 Surprised, and wanting to talk to an adult, the boss asked, "Is your mother there?"
 "Yes". "May I talk with her?"
 Again the small voice whispered, "No."
 Hoping there was somebody with whom he could leave a message, the boss asked, "Is anyone else there?"
 "Yes," whispered the child, "A policeman."
 Wondering what a cop would be doing at the employee's home, he said, "May I speak with the policeman?"
 "No, he's busy", whispered the child.
 "Busy doing what?"
 "Talking to Mommy and Daddy and the fireman." came the whispered rejoinder.
 Growing more worried as he heard what sounded like a helicopter in the earpiece of the phone, the boss asked, "What is that noise?"
 "A helicopter," answered the whispering voice. "What is going on there?" demanded the boss, now truly apprehensive.
 Again, whispering, the child answered, "The search team just landed from a helicopter."
 Alarmed, concerned and very frustrated the boss asked, "What are they searching for?"
 Still whispering, the young voice replied with a muffled giggle, "Me."

From The Editor

Happy New Year to 2008! It seems as if we barely got into 2007 and another New Year is upon us. And so it's that time of year for renewals. That is Renewals for memberships to your Centre. Please make it easy for those ladies sitting in the Lounge waiting for people to renew and to the volunteers who work on the membership lists. It is not easy and the longer you wait to renew, the more work for the volunteers

And where else can you go in the metro area to find so many benefits, programs, camaraderie, sharing than in the Centre - and all for the very small amount of \$15.00. I always say it's the best bargain in town so take advantage of it.

As always, your Centre has to watch their pennies and in Executive Director Dave Camp's message, the Executive have had to make some new rules to save those pennies. Those that use the Centre but don't have a membership can't expect to receive the same benefits as regular members and will have to pay extra to enjoy the numerous programs. Perhaps when a non member adds up that extra amount, it would be cheaper to take out a member-

ship. Think about it and pass this thought along to friends who are not members. They don't really like to impose the extra charge but they must make ends meet or else we won't have the Centre.

This is **your** Centre and has to have **your** support the same you give your home or business.

In the next issues we hope to introduce you to more volunteers who put in the many hours to keep the Centre running. On page 2, are pictures and some of their stories. When you see these people working around the Centre, stop and say hello. They would appreciate it.

By the way, if your newsletter address label has 2007 on it, it's time to renew.

See you at the Centre!

Bette Yetman





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:

Dartmouth Seniors' Citizens Service Centre

45 Ochterloney Street,

Dartmouth, Nova Scotia. B2Y 4M7