

Dartmouth Seniors' Service Centre

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The Senior Connection

A PUBLICATION OF DARTMOUTH SENIORS' SERVICE CENTRE

45 Ochterloney Street
Dartmouth, Nova Scotia
B2Y 4M7

Tel: (902) 465-5578

Fax: 465-2755

E-mail dartseniors@accesswave.ca

www.accesswave.ca/~dssc/

LETTER FROM THE CHAIRMAN OF THE BOARD

GREETINGS FROM THE EXECUTIVE DIRECTOR

DARTMOUTH SENIORS' SERVICE CENTRE
“CASH LOTTERY”

YOU COULD WIN
\$10 000 CASH

PLUS FIVE EARLY BIRD DRAWS FOR \$500.00

JULY 17TH \$500 WINNER DAVID KIERSTEAD

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SEPTEMBER 25TH \$500 WINNER COULD BE YOU!

OCTOBER 19TH \$500 WINNER COULD BE YOU!

NOVEMBER 16TH \$500 WINNER COULD BE YOU!

DECEMBER 16TH \$10 000 WINNER COULD BE YOU!

DON'T DELAY BUY YOUR TICKETS TODAY!

\$5.00 EACH/3 FOR \$10.00

AVAILABLE AT THE CENTRE OR BY CALLING 465-5578

DARTMOUTH SENIORS' SERVICE CENTRE
“19TH ANNUAL TELETHON AND AUCTION”

SUNDAY OCTOBER 19, 2003

6-10PM

LIVE ON EASTLINK CHANNEL 10

DON'T MISS A MINUTE OF THE ACTION!

ALL AUCTION ITEMS WILL BE LISTED IN THE SATURDAY OCTOBER 18TH
EDITION OF THE DAILY NEWS.

STAYING INFORMED

SAFETY TIPS FOR A POWER OUTAGE

In light of the recent power outage that affected millions of people in the Eastern United States and Canada it may be useful to re-visit your preparedness in case of a blackout.

Keep the following supplies handy for a blackout situation:

- Portable radio or television.
- A gallon of water
- A small supply of food that doesn't need cooking.
- Flashlight
- Ample supply of batteries for flashlight, radios, portable TVs

The following tips can help if you are experiencing a power outage in your area:

- Only use flashlights for emergency lighting. Use of candles should be considered as a last resort lighting alternative because of possible fire accidents.
- Turn off electrical equipment in use when the power went out.
- Keep the refrigerator and freezer closed
- Avoid the use of a generator inside the home or garage. Use it outside.
- When using a generator, make sure to connect the equipment directly to the generator and not to your home's electrical unit.
- Remember to tune in to local TV and radio stations for updates on the Power Outage.

Source: www.redcross.org

SENIOR'S STATISTICAL PROFILE NOW AVAILABLE

The Senior Citizens' Secretariat has just released *A statistical Profile of Nova Scotia Seniors*. The report promotes a better understanding of the province's older population. Copies are available at www.govn.s.ca/scs or by calling 1-800-670-0065. *Source: Secretariat Newsletter, July 2003.*

STAYING INFORMED

MAKING THE MOVE...

Many older adults want to live on their own, independently, in the communities where they have spent the greater part of their adult life. At the same time they want to be able to maintain the lifestyle they are accustomed to. The needs of individuals as they age, however, often impact these choices.

There are many factors that influence the decisions about where to live in relation to the changing need of the senior. Some questions that should be considered when planning a move are:

- Is the move because of health reasons?
- Is the house too large or costly to maintain?
- Will the move provide the freedom you are looking for?
- Will moving provide you with proximity to relatives, shopping, conveniences, etc.?

There are five main types of housing arrangements, they are:

- **The individual's own home or apartment**, where services are provided by family, friends or by community programs such as home care and home delivered meals. Remaining in your own home is also known as "aging in place". Most seniors and their families manage at home with family support and sometimes with physical modifications to the home. Federal programs exist to help seniors remain in their home environment. Information on these programs is available by calling your local Housing office at 424-5110.
- **Retirement housing** which offers supportive services such as housekeeping, meals and leisure activities.
- **Assisted living facilities**. This includes supportive housing, congregate housing and assisted living. All of these choices offer personal care as well as housekeeping, laundry, meals and recreational opportunities.
- **Adult foster care, group homes and board and care homes**, which offer a range of services from housekeeping only to all meals and some amount of personal care.
- **Nursing homes/care facilities** which offer full nursing and medical care, personal care, meals, recreation and housekeeping services.

Before any decisions are made assess the options available to you in your community and what will best suit your lifestyle.

Source: Canadian Health Network www.canadian-health-network.ca

STAYING INFORMED

THE WATER DILEMMA. IS BOTTLED WATER REALLY BETTER?

Many of us wonder is bottled water better for us than tap water. According to some health specialists, if you have city water and don not use a water softener, your tap water is fine to drink. It is the cheapest and most readily available water and is constantly monitored. Some municipal tap water is fluoridated to help protect teeth from cavities, which is viewed as a health benefit by many and a health hazard by others.

Bottled seems to have a better taste and can have good minerals. With regards to bottled water, however, consumers should be aware that not all bottled waters are created equally. Some are nothing more than the stuff that flows out of your faucet. If you purchase bottled water, be sure to read the labels. Consumers should look for bottled water that is labeled de-ionized, reversed osmosis(RO), distilled, purified and demineralized.

So the decision of what water is best to drink really depends on what concerns you the most. Regardless of its source, a person cannot survive longer than a week without it so drink up!

The MacQuarrie Report, Issue#13, July 2003

IT'S YOUR HEALTH

MEDICATION RECORD BOOK ANNOUNCED

Nova Scotia seniors will get help managing their medications through a joint initiative of the Senior's Citizens Secretariat, Canada's Research-Based Pharmaceutical Companies (Rx&D) and the Department of Health. The initiative was announced June 3rd.

Each month more than 600 Nova Scotians will receive a Medication Record book and a brochure entitled *Knowledge is the Best Medicine*. The record book is compact, so seniors are able to carry it with them to record important health and medication information. Seniors can keep track of prescription or non-prescription drugs on their own, or by having their pharmacist update the book each time they buy new medication.

Seniors are encouraged to carry the Medication Record with them at all times, so they can show it to their doctor at each visit. This will allow the doctor to identify drug interactions or side effects that might cause health problems. The record book and brochure will also encourage more communication between seniors and their pharmacists.

The package will be distributed by the Department of Health to Nova Scotians two months before their 65th birthday. More than 7000 will receive the record book and brochure over the next year. Seniors who have already turned 65 and would like to receive the booklet can pick one up at the Seniors Centre or by calling the Secretariat at 1-800-670-0065.

Secretariat Newsletter, July 2003.

ACETAMINOPHEN REMINDER

As many as 100 people die and more than 2000 are hospitalized each year as a result of liver damage from acetaminophen overdoses. While the popular pain-reliever is very safe when taken as directed, it is toxic to the liver if you overdo it.

And it is not hard to take too much. What happens is that people take several different remedies together, say a cold medicine along with a headache pain-reliever. Both may contain acetaminophen. This drug is found in over 200 over the counter cold and pain remedies, including Tylenol.

The recommended dose of acetaminophen for a healthy adult is no more than 4000 mg a day or eight extra strength pills of 500mg each. But doctors say to take the lowest dose that is effective for you. However, if you have more than three or more alcoholic drinks a day, talk with your doctor before taking this drug. Alcohol and acetaminophen together can be a very toxic combination.

Source: Secretariat newsletter, July 2003: US Food and Drug Administration.

IT'S YOUR HEALTH

DID YOU KNOW? PRESBYOPIA (AGING EYES)

As people age, they often begin to have difficulty focusing their eyes for reading or close work. This is called presbyopia and is the normal aging of the eyes. It usually affects people over the age of forty as the eye starts to lose some of its flexibility.

This condition is easily corrected with eye glasses of increasing strength as a person ages. Bifocal or trifocal lenses may be prescribed to some people with presbyopia who also have other refractive problems such as myopia (near-sightedness), hyperopia (far-sightedness) or astigmatism (distorted vision due to a irregularly shaped cornea).

For more information on visual impairments visit the CNIB website at www.cnib.ca
Source: Canadian Ophthalmological Society via CNIB website at www.cnib.ca

THE SKINNY ON TRANS FATS

There is a lot of confusion around the good fat/bad fat information provided to you each and every day. Which foods are good, which foods are bad...how do you know? Use this list to become a wiser shopper when it comes to “fat choices”.

Always remember to read the labels. It is the trans fats and saturated fats you need to look out for!

The top ten “trans fat” foods are as follows:

Spreads. Stick margarine, shortening, butter and tub margarine all contain amounts of both saturated and trans fats. *Tip: Look for soft tub margarine, because it is less likely to contain trans fats.*

Packaged Foods. Cake mixes, Bisquick, and other mixes all have several grams of trans fats per serving. *Tip: Add flour and baking powder to your grocery list; do it yourself baking is about your best option right now or watch for reduced fat mixes.*

Soups. Ramen noodles (Mr. Noodles etc) and soup cups contain very high levels of trans fat. *Tip: Get out the crock-pot and recipe book. Or try the fat free and reduced fat canned soups.*

Fast Food. Bad news here. Fries, chicken and other foods are deep-fried in partially hydrogenated oil. Even if the chains use liquid oil, fries are sometime partially fried during production before they are shipped to the restaurant. *Tip: Order your meat broiled or baked. Skip the pie, Forget the biscuit. Skip the fries!*

IT'S YOUR HEALTH

Frozen Foods. Those yummy frozen pies, pot pies, waffles, pizzas, even breaded fish contain trans fat. Even if the label says it is low-fat, it still has trans fat.

Baked Goods. Even worse news – more trans fats are used in commercially baked products than any other foods. *Tip: Get back to old-fashioned home cooking again. If you bake, use fat-substitute baking products, or just cut back on bad ingredients.*

Chips and Crackers. Shortening provides crispy texture. Even “reduced fat” brands have trans fat. Anything fried (like chips) or buttery crackers have trans fats. *Tip: Think pretzels, toast, pita bread.*

Cookies and Candy. Look at the labels; some have higher fat content than others. A chocolate bar with nuts – or a cookie- is likely to have more trans fat than a gummy bear. *Tip: Gummy Bears or jelly bans win hands down. If you must have chocolate, get dark chocolate – since it's been shown to have redeeming heart-healthy virtues.*

Toppings and Dips. Non dairy creamers and flavored coffees, whipped toppings, beef gravy mixes and salad dressing contain lots of trans fat. *Tip: Use skim mild or powdered nonfat dry milk in coffee. Keep an eye out for fat-free products. As for salad dressings, choose fat free there or opt for old fashioned oil and vinegar dressing. Natural oils such as olive oil and canola oil don't contain trans fats.*

Can you eliminate trans fats entirely from your diet? Probably not. Instead, aim for reducing trans fat as much as possible from your diet by making smart food choices.

Source: Cindy Moore, MS< RD Consumer report on common foods. “FDA: Questions and Answers about Trans Fat Nutrition Labeling.”, www.webmed.com

VOLUNTEERS NEEDED!

The Centre is looking for volunteers to help with our many programs and services. If you have a few hours to spare to help with Tuesday Lunch, Bingo, Pot Luck Suppers, Meals on Wheels and Transportation Drivers please call Karin at 465-5578.

DSSC OUTREACH SERVICES

NEED A DRIVE TO MEDICAL APPOINTMENTS?

The Centre provides drives to medical appointments and dentists as well as visits to Nursing Homes. Rates for this service are as follows:

- 1 return trip to Halifax including bridge fare will be \$16.00
- 2 return trips to Halifax (i.e., dialysis, eye surgery) will be \$20.00
- 1 return trip in Dartmouth will remain \$10.00 and
- 2 return trips in Dartmouth will be \$15.00

Remember, you must give us at least 48 hours notice when booking a drive. To book a drive, call our Transportation coordinator, Kate at 465-5578.

NEED HELP WITH LIGHT HOUSEKEEPING? The Centre has **Home Helpers** who are available for a minimum of 2 hours a visit once a week, every two weeks or maybe only once a month. The cost for this service is \$8.50 an hour and an invoice will be sent at the end of each month. If you would like to receive this service, call Kate at 465-5578.

SENIOR INFO LINE The Senior Info Line is a program, run by the VON of Greater Halifax which provides information on services for seniors in the Halifax Regional Municipality. Call any time, Monday to Friday, 9am to 4pm, 454-5755. Telephone device for the deaf (TDD) 454-6696.

DAILY HELLO PROGRAM Northwood Telecare is now available to seniors living in Dartmouth and surrounding areas. Working with the DSSC, Telecare will contact seniors living alone to ensure that they are OK. If you know somebody who would benefit from this service or would like some more information for yourself, you can either call Jane at the Centre at 465-5578 or Telecare directly at 421-6387.

NEED SOME HELP IN THE KITCHEN? 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. Meals are provided three times per week, Monday, Wednesday and Friday. The present cost to the client is \$4.00 per meal. Meals are pre-paid by purchasing a Meal ticket at the cost of \$60.00 for 16 meals. Our meals consist of a roll, soup, main course and dessert. We are happy to provide substitutions for dietary restrictions.

Meals on Wheels clients can expect meal delivery by the volunteers between 11:15am and 12:30pm and are requested to be ready to receive the meal during this time. If you are not able to be home at this time please call the Meals on Wheels Coordinator before 10am at 465-5578. This will avoid volunteers making unnecessary deliveries

DSSC OUTREACH SERVICES

FROZEN FAVORITES

The VON in partnership with the Dartmouth Seniors Service Centre provides frozen meals to people in their own homes. The frozen meals are carefully prepared and are delivered by VON volunteers. Meals are carefully prepared using fresh ingredients, homemade stock and traditional recipes. Specific information regarding the ingredients and nutritional analysis of meals is provided by VON of Greater Halifax on request. To order or for more information about Frozen Favorites call Debbie MacDonald at the Dartmouth Seniors' Service Centre at 465-5578 on Tuesdays between 10am and 1pm. You can also contact the VON of Greater Halifax at 453-5800 for more detail about this program.

WHY NOT BOOK THE CENTRE FOR YOUR NEXT BIG EVENT

The DSSC provides an extensive **private catering** service to our community. Accepting parties from 75 to 200 the Centre provides a full menu at highly competitive prices. Drop by the Centre today to have a look at our facilities and see what catering packages we have available. We are happy to work with you to make your big event extra special. Choose the Centre for your catering needs and help to support the services and activities provided by the DSSC!

If you are interested in joining our great catering team of volunteers and have a few hours to spare from your busy life, please call Karin at the Centre, 465-5578, to find out more about this exciting opportunity.

CHECK OUT OUR WEB SITE

Be sure to check out our Web Site at www.accesswave.ca/~dssc/ for the latest information on activities, events and services being offered at the Centre! **Robert Byers** works exceptionally hard to ensure that the information is up to date and interesting. A big thank you to Robert for his ongoing support of the Centre!

DSSC ACTIVITIES

Schedule of Events

Calendars with the regular monthly activities are available at the Centre and on our website at www.accesswave.ca/~dssc/. They are published at the start of each month. Drop by and pick up a copy. The following list of special events is subject to change. Please call the Centre at 465-5578 to confirm information or drop in to see us.

SEPTEMBER 2003

DATE	EVENT	TIME
SEPT 4, 2003	SUPPER AND CARDS	6PM
SEPT. 11, 2003	BIRTHDAY POTLUCK	5:30PM
SEPT.18, 2003	HISTORIC FEAST DINNER THEATRE	6:15PM
SEPT. 25, 2003	CASINO TRIP \$5.00 PER PERSON FOR TRANSPORTATION TO CASINO	2:30PM – 8:00PM

OCTOBER 2003

DATE	EVENT	TIME
OCTOBER 2, 2003	ABC'S OF FRAUD PRESENTATION	10AM
OCTOBER 2, 2003	SUPPER AND CARDS STUFFED PORK CHOPS, MASHED POTATO, PUMPKIN PIE \$7.00 SUPPER \$5.00 CARDS ONLY \$10.00 BOTH	6PM
OCTOBER 9, 2003	BIRTHDAY POTLUCK	5:30PM
OCTOBER 9, 2003	THANKSGIVING LUNCHEON	12 NOON
OCTOBER 19, 2003	19 TH ANNUAL SENIOR'S TELETHON IF YOU HAVE ANY ITEMS, NEW OR HANDCRAFTED TO CONTRIBUTE TO THIS YEARS AUCTION, PLEASE CALL JANE AT THE CENTRE TODAY! 465-5578	6-10PM EASTLINK CHANNEL 10

DSSC ACTIVITIES

NOVEMBER 2003

DATE	EVENT	TIME
NOVEMBER 6, 2003	SUPPER AND CARDS TURKEY DINNER WITH ALL THE TRIMMINGS LAST SUPPER AND CARDS FOR 2003 NONE IN DECEMBER	6PM
NOVEMBER 7 TH AND 9 TH	SENIORS FOLLIES COST: \$5.00 PER PERSON	
NOVEMBER 16, 2003	"NORTHEND CANTEEN" DINNER THEATRE MENU: LASAGNA, GARLIC BREAD, CESAR SALAD, LEMON PIE COST: \$20.00 PER PERSON	6PM
NOVEMBER 22, 2003	GIANT FLEA MARKET COST 50 CENTS ENTRY FEE HOT DOG, POP, COOKIE - \$2.00 BAKE TABLE AND FLEA MARKET KARIN IS LOOKING FOR DONATIONS FOR THE GIANT FLEA MARKET. IF YOU HAVE ANY DONATIONS, GIVE KARIN A CALL AT THE CENTRE, 465-5578	11AM-2PM
NOVEMBER 29 TH	CRAFTY LADIES CHRISTMAS SALE AND LUNCHEON SOUP, SANDWICHES, SWEETS TEA AND COFFEE \$4.00 PER PERSON	10:30AM-2:00PM

DECEMBER EVENTS TO LOOK FOR:

Halifax Feast Dinner Theatre: Christmas Show: *MacBunker's Christmas.*

- The bus leaves the Centre at 6:15pm returning at 10pm, approx. Tickets go on Sale starting November 1, 2003 on a first come first served to the first 48 people. The cost of the Theatre is \$48.00. for more information call Karin, 465-5578.

Pot Luck Supper and Christmas Party, Thursday December 11, 2003

- Come join us for our last potluck of the year. We will be celebrating all December birthdays that are registered. If you are a member and have not already registered, call Karin at the Centre to register your name today at 465-5578. We will have good food, Santa and a dance. Please bring in something for the food bank. A gift for a lady, from a lady or a gift from a gentleman for gentleman and something for the buffet table valued at \$5.00 or greater. If you do not bring a potluck item an admittance fee of \$5.00 will be charged. The tickets are FREE and will be available by mid-November. For more information call Karin at 465-5578.

NEWS FROM THE CENTRE

CENTRE PROGRAMS: FALL 2003

Many of the programs and activities offered at the Centre take a break during the summer months. Here is a list of those activities that continue all year long.

- | | |
|--|--|
| Computer Club | Mondays, 9:00-10:30 am |
| Fun & Fitness | Mondays, 10:30-11:30 (& Wednesdays 2-3 pm) |
| Stitch & Chat | Mondays, 1 pm |
| Tai Chi | Mondays, 1 pm |
| Tap Dancing | Mondays, 2-3 pm |
|
 | |
| Crafty Ladies | Tuesdays, 9 am |
| Wood Sculpture | Tuesdays, 9 am |
| Watercolor Class | Tuesdays, 9 am |
| Mini-Bingo | Tuesdays, 1:10 pm |
| Contract Bridge | Tuesdays, 7 pm |
|
 | |
| Square Dancing | Wednesdays, 10:30-11:30 am |
| Darts | Wednesdays, 1:30-3:30 pm |
| Fun & Fitness | Wednesdays 2-3 pm (& Mondays 10:30-11:30) |
| Bingo | Wednesdays, 7:00 pm |
|
 | |
| Art Class | Thursdays, 9 am |
| Beginner Bridge | Thursdays, 9:30 am |
| Seniors Choir | Thursdays, 1:30 pm |
|
 | |
| Round Dancing | Fridays, 9:30-10:30 am |
| Duplicate Bridge | Fridays, 1 pm |
| Pie Social | Fridays, 2:30pm |
|
 | |
| 45's | Saturdays, 7 pm |
| Advanced Round Dancing | Sundays, 8 pm |
| Computer Classes | Beginner and Intermediate, call 465-5578 for details. |
| Monthly Card Party & Games Night: | First Thursday of each month.
Dinner at 6:00 pm and Cards 7-9 pm |
| Monthly PotLuck and Birthday Supper: | The second Thursday of each month. Dinner;5:30 pm,
Dance; 7-9pm (Remember to register with Karin in advance for your birthday.) |

Plus much much more!!!

NEWS FROM THE CLUBS

Admiral Westphal Seniors Club

Eileen Drake: 461-2037.

Alderney Manor Recreation Committee

Louise MacLeod: 469-0316

Dartmouth Senior Choir Club

Jack Armitage: 434-7681..

Dartmouth North Senior Citizens Club

Marguerite Bailey: 463-2580.

Dartmouth Senior Citizens Club (Findlay)

Dan Boon

Dartmouth Senior Travel Club

Connie Wenaus, 469-2610

Eastern Passage, Cow Bay, Tallahassee Club

Grace DeYoung: 465-7664

Edgemere Recreation Committee

Ann MacDonald: 469-6259

Eastwood Recreation Committee

Lorraine Horton:

Farrell Senior Society

Evelyn Cox: 466-7069

Lake Loon Seniors Club (Legion)

Evelyn Jones: 434-8288.

Nantucket Place Tenants Committee

Betty Ann Baert: 466-4745

Oakwood Terrace Nursing Home

Pauline Angelucci: 469-3550

Victoria Road Seniors Club

Florence Bauld: 469-8511. Meet 1st Thurs. 1 p.m.

A LETTER FROM ADVISORY COUNCIL PRESIDENT – CONNIE WENAUS

It is hard to believe as I write that summer is almost gone. The annual meeting held in June of the Dartmouth Seniors Centee was very successful. Board Chairman, Cal Lindsey, opened the session, giving those in attendance the opportunity to express themselves, ask questions and get answers, much like an open-mike session. Annual reports showed a successful year as well as where changes and improvements will be made. Four new members were elected to the board, Cheryl C. Arnold, Walter A. (Wally) Jones, Clifford (Cliff) Mills and Clint Schofield. Bill McLernon and Roy Yetman re-offered and will serve another three year term. Former members unable to re-offer were Helen Foote, Roger Ghiz, Bill Greateorex and Hattie Kidston.

Hattie received a special commendation, thanks and applause for her service to the Center. She joined the Board of Directors in the fall of 1980 when 13 Windmill Road was just coming of age. Board members were representatives of each of the downtown churches; a very small group. Hattie and the late Jack Spencer visited several senior residences making recommendations for safety improvements. Many of these changes were implemented. She was also active in obtaining ads for the first advertising directory offering discounts for seniors. There are many memories, annual lobster anniversary parties when the lobsters were cooked in the backyard, annual Mayor's

NEWS FROM THE CLUBS

A LETTER FROM ADVISORY COUNCIL PRESIDENT (CON'T.)

teas, as the cashier at every senior sale at Mic Mac Mall, celebrating birthday parties, sales on the sidewalk on Portland St., concerts on Natal Day, serving Natal Day birthday cake at Lake Banook and the list goes on. There were nine members on the original board and they had to work hard. Hattie was always there when she was needed. Camping at Paradise with bus loads of seniors or traveling to England, Hattie was there. She chaired the telephone committee for the first annual Telethon and she chaired the committee for sixteen more telethons. Recently she served as Executive Secretary of the Board, assisted with cataloging the photography history, worked on the committee for the first Remarkable Senior Award and the 25th Anniversary Dinner when Joe Zatzman was the recipient of the award. She has served the Center for twenty- three years. Her contribution will be missed. We all wish her a Happy Retirement.

The regular card parties have been held over the summer months as well as the regular bingos and bridge. The "Tea for Two" sponsored by the Fun and Fitness Program, held on Wednesday afternoons in June, July and August continue to be very successful.

July 17th was the celebration of the 27th Anniversary Lobster luncheon with a great attendance and a delicious lunch. Two trips to the Casino and the Tattoo were also special days as well as two day trips. Hot summer and all, the Centre continues to be a busy and active spot.

The Travel Club enjoyed three gorgeous days in P.E.I. with a lobster feed, a play, swimming in the salt water and "Avonlea". Plans are now underway for four days in Cape Breton, October 6,7,8 and 9.

All is in order for the formal launch of the Centre's "Cash Lotto". The major prize will be \$10,000. to be drawn December 16, 2003 at the first of two Christmas dinners scheduled at the Centre. As well there will be five early bird draws of \$500. each in July, August, September, October and November. The first early bird draw was made at the Anniversary luncheon and the lucky winner was John Kierstead, son of one of the members of the Centre the second early bird draw was held at the final Tea at Two for the summer on August 27, 2003. The luck winner was Sandie Ressor, daughter of one of the active Centre volunteers Frank Ressor.

The Natal Day float was the actual launch of this fund-raiser and tickets are now on sale at the malls and other locations to be announced as well as at the Center. Senior volunteers are needed to handle shifts at the malls. If you have a spare moment to do a three hour shift with a partner, please leave your name and phone number with the front desk receptionist at the Center or put your name on the sign-up sheet at the Centre's bulletin board.

Keep your eyes open for the Dartmouth Seniors' Service Centre Annual Telethon and Auction to be held on Sunday, October 19th, from 6 PM to 10 PM on Eastlink Channel 10. Plans are underway for a very special 19th Annual Telethon and Auction.

NEWS FROM THE CLUBS

INTRODUCTION TO COMPUTERS

The Dartmouth Seniors' Centre sponsors an Introduction to Computers course which is designed especially for seniors who have little or no knowledge of computers. The course consists of four, two hour "hands on" classes at the Alderney Gate Library and covers how computers work, mousing, keyboarding, using Windows commands, editing and saving information to file folders. The number of courses held during the year is based on the number of seniors registered for the course. The cost of the course is \$15.00 for Centre members and \$20.00 for non members. Once registered, you are notified by phone of the start date and time the course will be held. For more information, call the Centre at 465-5578.

INTRODUCTION TO E-MAIL AND INTERNET

- What is e-mail?
- What types of e-mail are there?
- What are e-mail attachments?
- How can I send pictures by e-mail?
- What is the information highway?
- What can I do when I am on the Internet?

If these are questions you have, you can have them and many others answered by attending the Introduction to E-mail and Internet course. The instructors are patient and enjoy working with seniors. The course is four, two hour classes running for four weeks. For information call the Centre at 465-5578.

Remember to Visit our Website: www.accesscable.com/~dssc/

JUST FOR LAUGHS

One day a cat dies of natural causes and goes to heaven where he meets the Lord. The Lord says to the cat, “You lived a good life, and if there is any way I can make your stay in heaven more comfortable, please let me know.”

The cat thinks for a moment and says, “Lord, all my life I have lived with a poor family and had to sleep on a hard wooden floor.”

The Lord stops the cat and says, “Say no more,” and a wonderful, fluffy pillow appears.

A few days later, six mice are killed in a tragic farming accident, and all of them got to heaven. Again, the Lord is there to greet them with the same offer. The mice answer, “All our lives we have been chased. We have had to run from cats, dogs and even women with brooms. Running, running, running; we’re tired of running. Do you think we could have roller skates so that we don’t have to run anymore?”

The Lord says, “Say no more and fits each mouse with beautiful new roller skates.

About a week later, the Lord stops by to see the cat and finds him snoozing on his fluffy pillow. The Lord gently wakes the cat and asks him, “How are things since you arrived here in heaven?”

The cat stretches and yawns then replies, “It is wonderful here. Better than I could have ever expected. And those Meals on Wheels you’ve been sending by are the best!”

Thanks to Gordon Boyce, a member of the Centre a volunteer in our Medical Transportation program for bringning this one to our attention!

BRAIN TEASER

I cannot be felt, seen or touched, yet I can be found in everybody.

My existence is always in debate, yet I have my own style of music.

What am I?

(Answer on page 20)

THE BIRTHDAY PAGE

This page is dedicated to those members celebrating birthdays in September, October and November. The names are taken from our birthday book and are based on our 2003 membership list. Although we do our best to try to get everyone on this list, we at times do miss someone and we do apologize if your name is not on this list.

SEPTEMBER

Sylvia Anthony, Robert Arnold, Bertha Beaver, Phyllis Bhola, Gladys Bradley, Earl Bryan, James Clarke, Margaret Conrod, Marlene Cross, Maureen Doucette, Bessie Faulkner, Don Ferrier, Ivan Forbes, Lea Forbes, Kay Gammon, Beatrice Geldart, Joe Goldston, Dorothy Graham, Lois Hall, Kathleen Hartt, Lois Hetherington, Fran Higgins, Guy Hill, Raymond Hirtle, Robert Inkpen, Richard Ives, Marguerite Keizer, Grace Kempster, Matilda Khan, Bill Kierstead, Bob Kimball, Sonja King, Carole Kirk, Mary Lambros, Bonnie Lilley, Gerald Lilley, Charles MacDonald, Evelyn MacLeod, Doreen MacQuarrie, Mary Meisner, Eileen Millar, Theresa Miller, Margaret Mills, Hattie Morrison, Harold Mosher, Pauline Murdock, Russell Neal, Freda Patterson, Dorothy Pyke, Holly Quick, Lillian Robertson, Hilda Roche, Jean Savoury, Joe Small, Lloyd Soper, Gerald Soucy, Carole Stevens, Bonnie Stortts, Mary Sullivan, Kenneth Toohey, Ian Vance, Garnet Weir, Harold Wilson, Margaret Pitt.

OCTOBER

Russell Aker, Bernice Alley, Betty Angus, Nancy Arsenault, Mary Burgwin, Ken Carroll, Joan Conrad, Dotty Cooper, Annabelle Crichton, Joan Curren, Wally Doucette, Mary Dubois, Lillian Ehler, Verna Eisener, Muriel Emeneau, Edith Foster, Florence Fulton, Amelia Gerard, Shelagh Gordon, Dorothy Goudy, Hilary Grant, Audrey Greek, Patricia Guest, Stanley Hearn, Marjorie Johnson, Gordon Joyce, Anna Kennedy, Gladys Lahey, Randy Laren, Florence LeBlanc, Victor Lengyel, Elizabeth Lofgren, Diane MacDonald, Stan MacLean, Louise MacLeod, Patrice MacLeod, Mary Main, Eleanor Martell, Mary McCloskey, Robie Mosher, Alice Nichol, Rose Perry, Brenda Pozdnekoff, Joe Rademaker, Robert Reindeau, Mildred Richardson, Marg Thornton, Sally Vidito, Edward Webb, Gerald White, Don Williams, Doreen Williams, Verna Williams, Hilda Zwicker, Gladys Lutes, Helen Creamer, Edna MacLellan.

NOVEMBER

Robert Anthony, Jim Atkinson, Irene Bonn, Olive Bungay, Mildred Canty, Arnold Chaplin, Vernon Conrad, Helen Crawley, Yvonne Crease, Olive Dill, Estella Doucette, Charlotte Ettinger, William Falconer, David Gallant, Dorothy Garrison, Alice Grandy, Eddie Greenfield, Elsie Henderson, Joyce Irvin, Mayor Peter Kelly, Don MacKeigan, Mary MacLeod, Jim Mark, Royal Matheson, Lena McDonald, Reg McNutt, Joseph Melvin Eve Merriam, Anne Muise, Effie Myatt, Peter O' Brien, Meva Osborne, Viola Osborne, Frank Oxner, Margaret Peers, Doris Pelham, Bev Prendergast, Nora Prentice, Peter Proctor, Dorothy Smith, Cecelia St. Amour, Audrey Tait, Jeannette Walsh, Thelma Wetmore.

HAPPY BIRTHDAY TO EVERYONE!

THE CLASSIFIEDS

VOLUNTEERS NEEDED!

The Centre is looking for volunteers to help with our many programs and services. If you have a few hours to spare to help with In house dining, Tuesday Lunch, Bingo, Pot Luck Suppers, Meals on Wheels and Transportation Drivers please call Karin at 465-5578.

PRESERVES AND HAND CRAFTS NEEDED!

The Centre is currently preparing for its annual Telethon and Auction. This annual fundraising event, now in its 19th year will be broadcast on Sunday October 19, 2003 from 6pm-10pm on Eastlink Channel 10. If you have any "home made" items you would like to donate to this year's Telethon and Auction, please give Jane a call at the Centre , 465-5578. Thank you.

CLEAN OUT YOUR CLOSET AND HELP A WORTHWHILE CAUSE

The Centre is busy planning for its Giant Flea Market to be held at the Centre on Saturday November 22nd from 11am-2pm. If you have any donations for the Flea Market, drop them into the Centre or call Karin at 465-5578 to arrange pick up. All donations will be appreciated! All donations and Bake Table items should be delivered by Friday November 21, 2003. Thank you.

ANSWER TO BRAIN TEAZER FROM PAGE 18

SOUL!

PUBLICATIONS NOW AVAILABLE AT CENTRE

The Centre currently has several issues of the *2003 Programs for Seniors* put out by the Nova Scotia's Senior Citizens Secretariat. Drop by today and pick up a copy today. This publication contains valuable information for those 50+ and their families.

The Centre also has a large supply of the *Knowledge is the Best Medicine* Medication Record as described in the article on page 7 of this newsletter. Drop by today and pick up a copy for yourself.

Dartmouth Seniors' Service Centre

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

**Phone: (902) 465-5578
Fax: (902) 465-2755
Email:
dartseniors@accesswave.ca**

I (we) want to make a Donation

I (we) want to support the aims of the Dartmouth Seniors' Service Centre.

Enclosed please find a donation of:

Other \$ _____ \$ 10 ____ \$ 25 ____ \$ 35 ____ \$ 45 ____

Name _____

Address _____

City _____ Postal Code _____

Phone # : _____

e-mail address _____

Charitable # : 0623546-09-03

JOIN US WON'T YOU?

THE 2004 MEMBERSHIP DRIVE WILL BEGIN ON OCTOBER 1, 2003 AND RUN TO THE END OF JANUARY 2004. DURING OUR DRIVE MEMBERS OF THE MEMBERSHIP COMMITTEE WILL BE AVAILABLE DURING THE DAY AT THE CENTRE TO TAKE YOUR MEMBERSHIP REGISTRATION. MEMBERSHIP IS AVAILABLE TO ANYONE 50 YEARS AND OLDER. THE COST IS \$15.00 PER YEAR FOR MEMBERSHIP.

MEMBERSHIP ENTITLES YOU TO THE FOLLOWING:

- **A NEWSLETTER FOUR TIME PER YEAR.**
- **PREFERRED RATES ON IN-HOUSE DINING**
 - **PREFERRED RATES ON ACTIVITIES**
- **A VOTE AT OUR ANNUAL GENERAL MEETING**

DON'T DELAY...JOIN US TODAY!