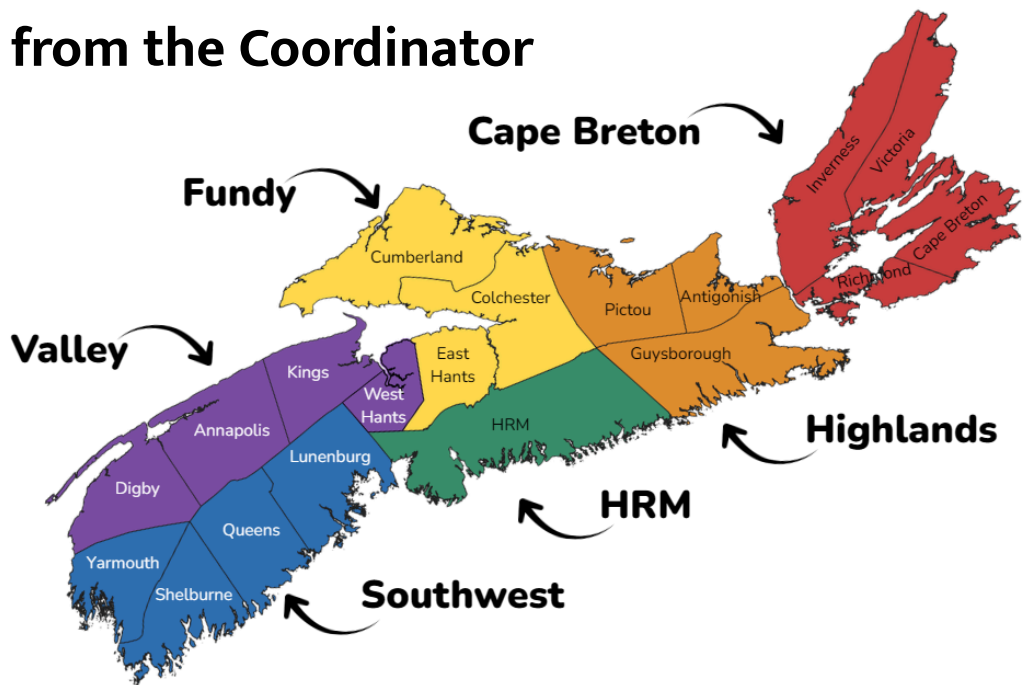


# June Letter from the Coordinator 2026



## Dear Seniors Connect NS Participants and Volunteers,

Summer officially begins this month, and I know many of us have been anxiously awaiting its arrival! Long days, birdsongs, fresh, local produce, and more chances to get out. You'll find that "summer light" vibe reflected in the calendar. Just a little lighter with only one "Regional Call", but we've got at least one call on each day. If you're an HRM participant, you may have already heard that Sharon, our HRM Volunteer Facilitator is moving on from her role. Martina has happily agreed to take those HRM calls for now, but that means a shift to 12 pm for you folks. Feel free to bring your lunch! And, instead of "English with Martina" we'll do a little of this, and a little of that on Wednesday afternoons. Whatever floats our boats this summer! Let us know if you have programming ideas! And maybe the last calendar change you'll notice is we have everyone together for a Friday morning call.

Enjoy the handout. If you have any questions about anything we have in here, give me a call. And, go ahead and share the promotional flyers. Put them up in the grocery store, or send them to your cousin on the other side of the province. Let's spread the good word about Seniors Connect NS!

*Rebecca* 902-410-7092 | [info@seniorsconnectns.ca](mailto:info@seniorsconnectns.ca)

# Community Corner

*Community Corner is a section of the Seniors Connect NS handout that you might see now, and you are invited to contribute to it. Use this space to share news, or any information you'd like to share with the Seniors Connect NS community.*



**In Our Thoughts:** Roberta Jessie, the late wife of Ray of Halifax, was recently buried at Oakridge Memorial Gardens. Roberta loved BINGO. She loved to redecorate and paint all the rooms of the house, and even mixed her own paint. Before she got sick, she loved to dance and she and Ray danced around the house together. They would have been married 40 years this year. Songs they sang at the gravesite: "A Closer Walk With Thee" and "We Shall Gather At the River".

Our thoughts are with you, Ray.



**Our HRM Volunteer Facilitator, Sharon,** won't be rejoining us this month. Sharon is the President of the Seniors College Association of Nova Scotia (SCANS) and that role takes a significant amount of her time. We are so grateful for the wealth of experience Sharon brought to our program, whether from her decades of advocating for seniors, or the time she spent in Nunavut and shared the stories with us. She brought patience, creativity, and dedication. We're sad to see her go, and know SCANS is fortunate to have her.



The Nova Scotia Securities Commission (NSSC) is the provincial body that regulates Nova Scotia's capital markets — protecting investors from fraud and misconduct, ensuring companies comply with securities laws, and fostering fair and efficient capital markets.

This month we will play “Fraud BINGO”, but they can do talks on other topics. What topics would interest you? Consider the list below, or maybe you have another idea? Let us know!

**Potential Presentation Topics:**

- Basic Investments
- DIY Investing and working with an investment adviser
- Investment Fraud and Scams
- Capital Raising for Small Businesses
- Crypto Assets and Securities Regulation

“Fraud BINGO” prizes you might win this month:





**donalee Moulton** is a Halifax-based writer, author, and educator with over 25 years of professional experience. Her journalism has appeared in major outlets including The Globe and Mail, Maclean's, and Canadian Business, while her fiction work has earned notable recognition — including the 2024 Daphne du Maurier Award for her historical mystery *Conflagration!* She has also published poetry widely and authored several non-fiction books. Alongside her writing career, donalee has taught writing, editing, and communications for two decades, currently through the Executive and Professional Development programme at Saint Mary's University.



**Conflagration!** A historical mystery based on the true story of Marie-Joseph Angélique — an enslaved Black woman accused of deliberately starting a fire that destroyed much of Montreal's merchant quarters in 1734. Less than 24 hours after the flames finally died, she was sitting in a prison cell.



## Recognizing and Interrupting Ageism

**Ageism can come from others or ourselves. Ask yourself...**

- What assumptions are being made about aging?
- What is the intention behind the messages we hear?
- Is someone being excluded or left out of activities, conversations, or decisions because of their age?
- Would it have been said about or to a younger person?
- Are you limiting yourself or others because of your beliefs about aging?
- What does your inner voice say to you about your age?
- Do we feel positively or negatively about aging?

**Write some ideas below of things you could say or ask to help you:**

- Recognize ageism or ageist assumptions
- Interrupt ageism when it is directed at you or others
- Respond in a way that create a positive narrative about aging

# Commitment to Interrupt Ageism

The World Health Organization defines ageism as “the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age.” Ageism has been called the most socially accepted prejudice. Let’s work together to change that.

You can inspire change! We encourage you to commit to small acts that interrupt ageism. Write down a simple goal below and commit to following through.

## How to Address Ageism

**Recognize it** - Do you think you are being left out of activities, conversations or decisions because of your age. Did you hear a comment that wouldn’t have been said about a younger person?

**Interrupt it** - If you hear something ageist consider saying something like “did you know your comments are ageist?” If you are holding yourself back only because of your age, remind yourself of what you are capable of by thinking of a time you did something similar.

**Be Positive** - Treat people of all ages with respect. Help change the narrative on aging by sharing stories of positive aging and celebrating wisdom and experience.

One ageist belief I want to challenge is \_\_\_\_\_

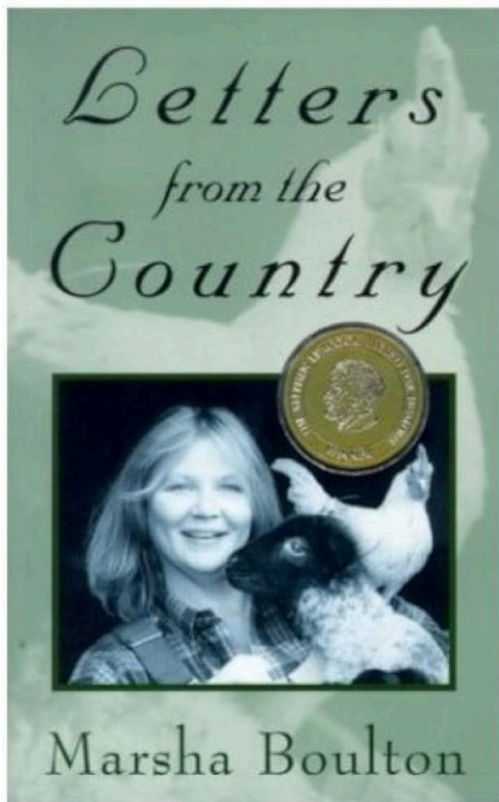
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This week I will challenge ageism by \_\_\_\_\_

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## Novel Tuesday with Léa

We have concluded the classic tale, “The Wind in the Willows”, saying goodbye to Mole, Rat, Badger, and Toad in the English countryside.

We will now find out about Marsha Boulton’s real-life adventures in the farmlands of Ontario.

What happens when a city woman takes up rural roots and becomes a shepherd?

Journalist and broadcaster Marsha Boulton has made the leap that so many urbanites can only fantasize about.

“Letters From the Country” won the 1996 Stephen Leacock award for humour.

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### Use if Useful:



Canadian  
Red Cross

## Friendly Calls Program

**The Friendly Calls program** matches people with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

**Friendly Calls** is safe, accessible, free, and available nationwide. Call **1-833-979-9779** toll-free from 9 a.m. to 5 p.m. on weekdays

# PAID RESEARCH STUDY for Ages 70 - 90



Pearson Canada Assessment is inviting you to participate in a paid research study to help develop the Wechsler Adult Intelligence Scale—Fifth Edition (WAIS 5CDN)

**What is the WAIS 5CDN?** It is a cognitive ability assessment, which uses a variety of tasks and questions to understand how people think, remember, and problem-solve.

**What's involved?** Solving puzzles, recalling numbers, defining words, etc.

**Time:** 1 (or more) sessions, as needed. It will take approximately 2-3 hours in total.

**Where:** In a quiet location agreed upon by you and the Pearson Examiner.

**Payment:** Receive a \$125 electronic gift card after participating!

**Bonus!** Refer others and receive an additional \$25 gift card for every referral.

## Have questions? Interested in signing up?

Scan QR code



Phone us:

+1-647-245-6067

Email us:

research.canada@pearson.com

Examiner or Organization: Noémie Bergeron-Germain

Reference Code (to use when signing up): 146



# VOLUNTEER OPPORTUNITIES • OPENING IN ALL PARTS OF NOVA SCOTIA

## Host phone calls for seniors—from home

Seniors Connect NS is growing across Nova Scotia. We're looking for Volunteer Facilitators to lead scheduled group calls for local seniors.

### WHAT YOU'LL DO

- Host two 30-minute group calls per week (M–F, 10:30 am, 1:30 pm, or 4:30 pm)
- Follow a script, lead simple games, spark conversation
- Help everyone feel welcome and connected
- Stay in touch with participants by phone via a Seniors Connect NS number and app
- No program planning required

### WHAT YOU BRING

- Friendly, patient, and a good listener
- Respect for confidentiality and privacy
- Comfortable with “Zoom” and Google
- Reliable internet, a computer or tablet, and a smartphone
- ~2 hours/week, including 1 scheduled weekday hour
- Open to training and occasional check-ins

A Criminal Record Check and Vulnerable Sector Check are required at no cost to you. Training and ongoing support are provided. Open to anyone of any age who meets the requirements.

### APPLY

Fill out the [Volunteer Interest Form](#)



### QUESTIONS?

[info@seniorsconnectns.ca](mailto:info@seniorsconnectns.ca)

902-410-7092

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



# TELEPHONE-BASED PROGRAMS

**Facilitated Group Calls for Seniors**



*Join group phone calls to chat, hear presentations, and take part in a variety of activities.*

*No computer required.*



**Feel more connected**



**Break up long days**



**Lift your mood**



**Have something to look forward to**

**Contact us**

 **902-414-7032**

 **info@seniorsconnectns.ca**





No cost  
to join

## About the Program



### Scheduled Group Calls

Guided calls with topics mailed in advance.



### Telephone-Based

No internet needed. You'll receive a phone call. Programs calendars are sent by Canada Post.



### Province-Wide + Regional

Province-wide presentations and regional conversation groups.



### Volunteers Welcome!\*

Facilitators host two calls per week in their region.

\*Computer and smart phone required for the volunteer role.

## Contact us

 902-414-7032

 [info@seniorsconnectns.ca](mailto:info@seniorsconnectns.ca)

# Song Circle

## “Doggie in the Window ”

How much is that doggie in the window?  
The one with the waggly tail  
How much is that doggie in the window?  
I do hope that doggie's for sale

I must take a trip to California  
And leave my poor sweetheart alone  
If he has a dog, he won't be lonesome  
And the doggie will have a good home

How much is that doggie in the window?  
The one with the waggly tail  
How much is that doggie in the window?  
I do hope that doggie's for sale

I read in the papers there are robbers  
With flashlights that shine in the dark  
My love needs a doggie to protect him  
And scare them away with one bark

I don't want a bunny or a kitty  
I don't want a parrot that talks  
I don't want a bowl of little fishies  
He can't take a goldfish for a walk

How much is that doggie in the window?  
The one with the waggly tail  
How much is that doggie in the window?  
I do hope that doggie's for sale

## “Irene Goodnight”

Irene, goodnight  
Irene, goodnight  
Goodnight, Irene, goodnight, Irene  
I'll get you in my dreams  
Sometimes I leave many countries  
Sometimes I leave this town  
Sometimes I have the great notion  
Of jumping into the roaring ground  
Irene, goodnight  
Irene, goodnight  
Goodnight, Irene, goodnight, Irene  
I'll get you in my dreams  
Stop rambling and stop gambling  
We stay not late at night  
Go home to your wife and your family  
Sit down by the fireside and write  
Irene, goodnight  
Irene, goodnight  
Goodnight, Irene, goodnight...

## “I's the B'y”

I's the b'y that builds the boat,  
and I's the b'y that sails her,  
I's the b'y that catches the fish,  
And carries them home to liza.  
Swing your partner, Sally Tibbo,  
Swing your partner, Sally Brown,  
Fogo, Twillingate, Morton's Harbour,  
All around the circle oh

Sods and rinds to cover your flake,  
Cake and tea for supper,  
Codfish in the spring of the year,  
Fried in maggoty butter! CHORUS

I don't want your maggoty fish,  
That's no good for winter.  
I could buy as good as that,  
Down in Bonavista CHORUS

I took Liza to a dance,  
I'faith, but she could travel!  
Every step that she did take  
Was up to her knees in gravel! CHORUS

Susan White, she's out of sight,  
Her petticoat needs a border,  
Old Sam Oliver in the dark  
He kissed her in the corner! CHORUS

## **“I’ll Never Find Another You” - The Seekers**

There's a new world somewhere  
They call the Promised Land  
And I'll be there someday  
If you will hold my hand  
I still need you there beside me  
No matter what I do  
For I know I'll never find another you  
There is always someone  
For each of us, they say  
And you'll be my someone  
Forever and a day  
I could search the whole world over  
Until my life is through  
But I know I'll never find another you  
It's a long, long journey  
So stay by my side  
When I walk through the storm  
You'll be my guide, be my guide  
If they gave me a fortune  
My virtue would be small  
I could lose it all tomorrow  
And never mind at all  
But if I should lose your love, dear  
I don't know what I'd do  
For I know I'll never find another you  
But if I should lose your love, dear  
I don't know what I'd do  
For I know I'll never find another you  
Another you  
Another you

## **“Crazy” - Patsy Cline**

Crazy  
I'm crazy for feelin' so lonely  
I'm crazy  
Crazy for feelin' so blue  
I knew  
You'd love me as long as you wanted  
And then someday  
You'd leave me for somebody new  
Worry  
Why do I let myself worry  
Wonderin'  
What in the world did I do?  
Oh... crazy  
For thinking that my love could hold you  
I'm crazy for trying  
And crazy for crying  
And I'm crazy for loving you  
Crazy  
For thinking that my love could hold you  
I'm crazy for trying  
And crazy for crying  
And I'm crazy for loving  
You

## **“The Way You Look Tonight” - Frank Sinatra**

Some day, when I'm awfully low  
When the world is cold  
I will feel a glow just thinking of you  
And the way you look tonight

Yes, you're lovely, with your smile so warm  
And your cheeks so soft  
There is nothing for me but to love you  
And the way you look tonight

With each word your tenderness grows  
Tearin' my fear apart  
And that laugh..wrinkles your nose  
Touches my foolish heart

Lovely ... Never, never change  
Keep that breathless charm  
Won't you please arrange it?  
'Cause I love you  
Just the way you look tonight

# Garden Tips

## Pests and Problems

- Eggshells crushed around the base of plants deter slugs because the sharp edges are uncomfortable to cross.
- Planting marigolds around vegetables repels certain insects.
- A ring of sand or diatomaceous earth around plants also deters slugs and crawling insects while being safe for humans and other animals.
- Burying a shallow dish of beer in the soil attracts slugs, which fall in and can't get out. It sounds ridiculous and it works.
- Placing copper tape around pots gives slugs a mild shock so they avoid it entirely.
- Mint planted near the door or windowsill deters ants and flies and even mice and rats! Keep it in a pot though! It spreads aggressively in the ground.

## Old-Fashioned Tips

- Farmers swore by planting root vegetables on a waning moon and leafy ones on a waxing.
- Talking to your plants can help them grow. There's evidence that the carbon dioxide from your breath and the vibration of your voice has a mild positive effect.
- A rusty nail buried in the soil near an iron-hungry plant like a rose was said to give it a boost. Iron does leach slowly from the rust.
- Banana peels buried near roses add potassium to the soil as they break down.
- Planting garlic near roses deters aphids.
- If the woolly bear caterpillar has a wide brown band, the winter will be mild. If it's mostly black, brace yourself.
- If your onions have thick skins, a hard winter is coming. Thin skins mean a mild one.

## Watering and Care

- Water in the early morning, not the evening. It gives leaves time to dry and reduces mildew and fungal disease.
- A layer of mulch retains moisture, suppresses weeds, and regulates soil temperature. Even a few centimetres makes a real difference. In the fall, you can mow your leaves rather than bagging them, and use the ground up leaf remnants for mulch.
- Stick your finger an inch into the soil before watering. If it's still damp, wait. Most plants are overwatered, not underwatered.
- Rainwater is better for plants than tap water because it's softer and free of chlorine. A rain barrel can help collect water in dry summers.
- Deadheading spent flowers encourages plants to keep blooming rather than putting energy into seed production.
- Soaking seeds overnight before planting speeds up germination, particularly for larger seeds like beans and peas.

## Soil and Feeding

- Coffee grounds added to soil improve drainage and add nitrogen, especially good for acid-loving plants like blueberries.
- A handful of Epsom salts dissolved in water and used on tomatoes and peppers gives them a magnesium boost that improves flavour and yield.
- Rotating what you grow in each spot year to year prevents soil depletion and reduces pest and disease buildup.
- Compost is the best thing you can add to any soil. Even a small bin in the corner of a yard makes a difference over time.
- Baking soda sprinkled around plants can help prevent fungal issues like powdery mildew.
- Newspapers laid under mulch make an effective natural weed barrier.