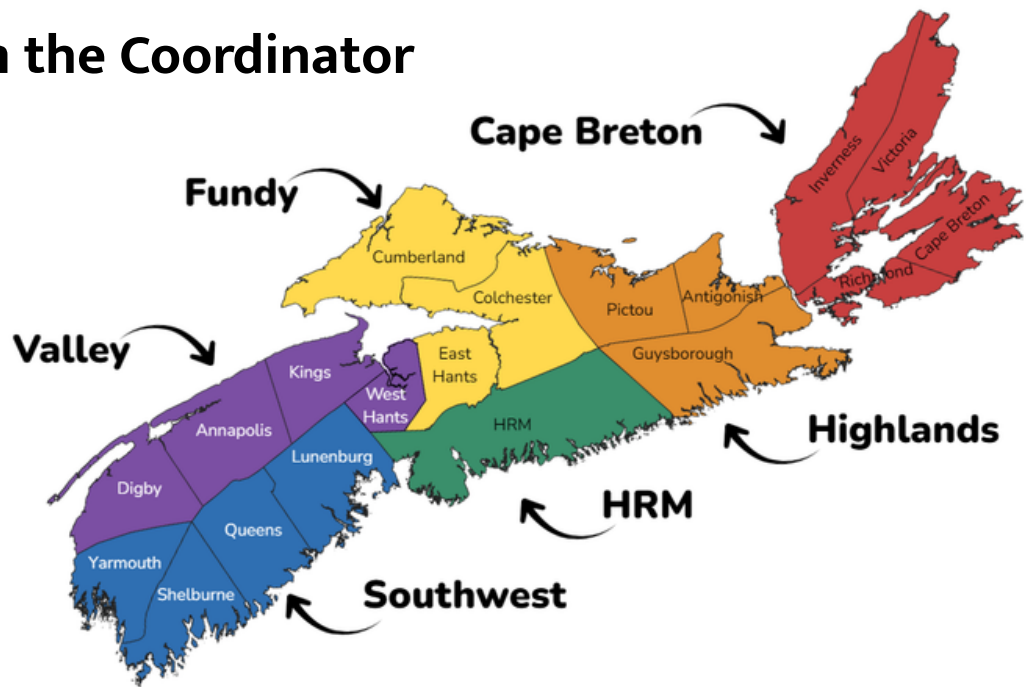


# Letter from the Coordinator



## Dear Seniors Connect NS Participants and Volunteers,

In July, we had lots of informational calls, and in August, we keep the learning going, starting with learning about Emancipation Day. We'll miss the holiday by a few days, but I encourage you to take some time on Monday and reflect on the legacy of slavery in Canada, and what that means for descendants and the whole nation just a few generations later.

I'm always thinking about how to create valuable, informative, and fun programming for our calls. Lots have been informational lately, but that isn't by design. I've thought about having themed months, or focused seasons in the programming, but for now, I'm hoping the variety is making sure that everyone can find at least a few things each month that interests them. So, as usual, if you have something that you would like to see us talk about, or a guest speaker you'd like me to bring on, get in touch and let me know, and I'll see what I can do! This is YOUR Seniors Connect NS, after all.

**Please note:** For the foreseeable future, we will not have programming on the **first Tuesday of each month**, and everyone is invited to a call on the **first Wednesday of each month** at 12pm.

Happy August! 

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

# Community Corner

## Rebecca's NYC Trip

A few of you have asked me to share photos from my recent (and first ever!) trip to New York City. Well, I took literally hundreds of photos, so it was really hard to choose which ones to share. So, here are just a few, and this is what I look like, for those of you who were wondering!



*The Al Hirschfeld Theatre, on Broadway*



*The UN Headquarters.*



*The original Winnie The Pooh gang at the NY Public Library*



*The Louis Vuitton building on 5<sup>th</sup> Avenue*



*You know this lady.*

I did SO much while I was there. Every morning, before I opened my eyes, I could feel how sore my feet were from all the walking. The highlights were: The MoMA (Museum of Modern Art), The Met (Metropolitan Museum), The Brooklyn Museum (my favourite), and of course, the Moulin Rouge show on Broadway. Those were my big splurges. Other than that? The friendly people, and the energy of the big city!

Now... what do YOU have to share in **Community Corner**?

Share news (good and bad), tips, or anecdotes for us to get to know each other better.



A "shout out" to Joan G. who's successfully growing container tomatoes - despite the wind knocking them over!

## Listen Together - Wednesdays, August 5<sup>th</sup>, 12<sup>th</sup>, 26<sup>th</sup>



**Aug. 5th:**

### **Canada's slavery secret: The whitewashing of 200 years of enslavement**

“On March 24, 2021, the House of Commons voted unanimously to officially designate August 1 Emancipation Day. It marks the actual day in 1834 that the Slavery Abolition Act of 1833 came into effect across the British Empire.”

**\*\*This episode originally aired June 28, 2018. It is about 53 minutes long.**



**Aug. 12th:**

### **Find freedom from pain: Strategies that work | Arthritis Talks**

“In this session, you’ll learn: • Drug-free techniques to reduce inflammation and manage daily discomfort • How to use medications safely and effectively, based on the latest clinical guidance • Practical tools to protect your long-term mobility and independence”.

You’ll find in this handout a “Wellness Tracker”. This can help you keep track of symptoms and how you’re doing overall. You might be able to get this photocopied at a library or pharmacy near you, or use it as a guide to create your own in a notebook.



**Aug. 26th:**

### **Memory: How to Boost It**

“Lots of us feel like our memories are garbage — like we’d forget our pants if they weren’t on our legs. But what if the science told us that forgetting stuff is totally normal? We dig into the weird science of why our memories work the way they do. And if we DO want better retention in our brain, are there science-approved ways to boost our memories? We talk to cognitive neuroscientist Prof. Charan Ranganath, neuroscientist Prof. Loren Frank, and psychologist Prof. Jan Born.”

# WELLNESSTRACKER

Date: \_\_\_\_\_

Date: \_\_\_\_\_



## Hours of Sleep

How many hours of sleep?  
Was it interrupted? Why?



## Food & Water

List the food and beverages that you consumed and draw a line through each glass of water you drank throughout the day.

Breakfast:

Lunch:

Dinner:

Snacks:

Water:        

Other beverages:

Breakfast:

Lunch:

Dinner:

Snacks:

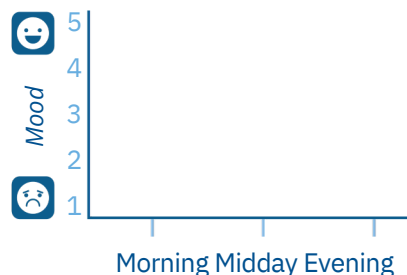
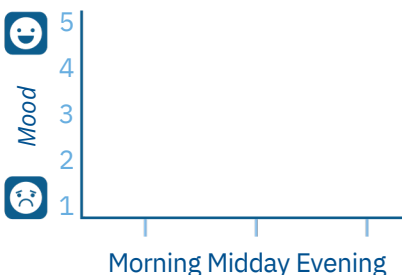
Water:        

Other beverages:



## Overall Mood

Rate your mood throughout the day.



## Physical Activity/Exercise

Indicate any activities or exercises done throughout the day (e.g., walking, swimming, gardening, physiotherapy, etc.)



## Medications

List all medications and supplements you took throughout the day.

# Oren's Herbs



Wild Mustard



Yellow Dock



Ground Ivy

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## Novel Tuesday with Léa

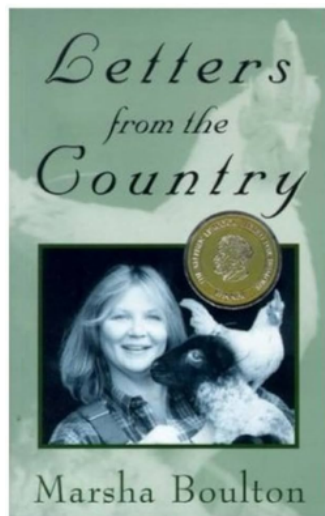
What happens when a city woman takes up rural roots and becomes a shepherd?

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.

We are into “Fall” now (the book is divided into seasons), which means wrapping up summer and preparing for winter!

Welcome back to Léa, our wonderful reader! Léa had some complications with a cataract surgery, but we’re hoping she’s feeling - and seeing! - much better now.





## What is dementia?

We all forget things, experience changes in our mood, or mix-up our words from time-to-time. But when this begins to affect our day-to-day functioning, it could be a sign of a condition called dementia.

### What is dementia?

Dementia is a broad term that describes a set of symptoms that may include memory loss, changes in mood, and difficulties with thinking, problem solving and language. While they may seem small at the start, they can affect the day-to-day lives of people with dementia.

Dementia is caused when brain cells become damaged and eventually die. There are many diseases and conditions which can cause dementia, with Alzheimer's disease being the most common type. Regardless of the cause, dementia can be frightening, which makes it difficult to find the right help.

### But there is help.

Learning how to live well with dementia, and how to manage the symptoms, can help you gain control and confidence along your journey. The Alzheimer Society is here to provide you with the support and information to do just that, no matter where you are on this journey.

### People may think dementia is a normal part of aging. It is not.

There are important differences between symptoms of dementia and normal aging:

| Normal Aging                                                      | Dementia                                                                                                 |
|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Forgetting events from a year ago.                                | Forgetting details from recent events.                                                                   |
| Becoming lost occasionally.                                       | Becoming lost frequently or in familiar places.                                                          |
| Occasionally struggling to find words.                            | Frequently pausing and using substitutions when trying to find words.                                    |
| Able to speak clearly and well.                                   | Increase in slurred speech and other language problems.                                                  |
| Predictable and stable moods.                                     | Unpredictable changes in mood and behaviour.                                                             |
| Able to follow and participate in conversations.                  | Difficulty in following or participating in conversations; frequent repetition of questions and stories. |
| Ability to perform everyday tasks like paying bills and shopping. | Difficulty with remembering to do everyday tasks, like paying bills or shopping.                         |

## An early diagnosis can help manage the symptoms of dementia

A dementia diagnosis does not mean your life as you know it has stopped. Research shows an early diagnosis with proper intervention can help manage the symptoms of dementia. This can help people continue to have full lives for a long time after diagnosis. While the symptoms will get worse over time, there are treatment options and therapies available. Making lifestyle changes that encourage brain health can also help improve quality of life. These include:

|                                                                                                                                                                                          |                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Exercising your brain with new cognitive exercises, like learning a new language or instrument.</b> |  <b>Protecting your head from injury.</b>                                                                |
|  <b>Staying socially connected with friends, family and neighbours.</b>                                 |  <b>Being physically active.</b>                                                                        |
|  <b>Eating a healthy diet by including fruits,vegetables, whole grains and nuts in your meals.</b>     |  <b>Taking care of your hearing by getting annual evaluations and wearing a hearing aid,if needed.</b> |
|  <b>Visiting your doctor or other health-care providers regularly.</b>                                |  <b>Quitting smoking and reducing alcohol intake.</b>                                                  |

## The Alzheimer Society can help.

If you are concerned that you or someone you care about has dementia, see your health-care provider and contact the Alzheimer Society today. The Alzheimer Society is active in communities across the country. Find your local office on our website at [alzheimer.ca/find](https://alzheimer.ca/find).

Alzheimer Society of Canada  
20 Eglinton Avenue West, 16th Floor Toronto, Ontario M4R 1K8  
National Office: 1-800-616-8816 Information and Referrals : 1-855-705-4636 (INFO)

 [info@alzheimer.ca](mailto:info@alzheimer.ca)  [alzheimer.ca](https://alzheimer.ca)  
 @AlzheimerCanada  @AlzCanada  @AlzheimerCanada

Charitable registration number: 11878 4925 RR0001



# 10 Possible Signs of Dementia

Ten common signs of dementia are described below. If you are concerned about any of these changes in yourself or someone else, contact a health-care provider or your local Alzheimer Society.

## Loss of initiative

Losing interest in spending time with friends and family and in taking part in activities. Needing prompts to become involved.



## Misplacing things

Putting things in strange places, like a remote in the refrigerator.



## Difficulty doing familiar tasks

Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.



## Problems with abstract thinking

Having difficulty managing finances or not knowing what numbers are and how they are used.



## Impaired judgment

Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.



## Changes in language and communication

Forgetting words, substituting words or using the wrong words that don't fit the conversation.



## Memory changes that affect day-to-day abilities

Forgetting who a family member is or not remembering new information.



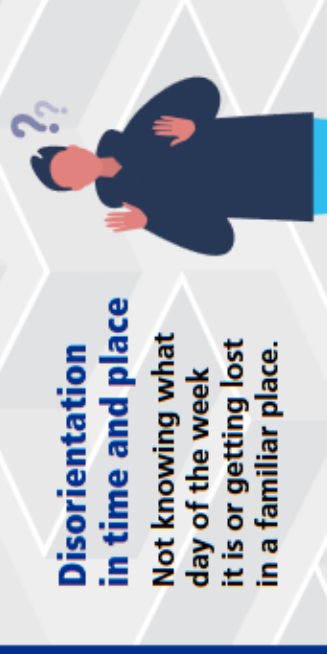
## Changes in sight or motion

Not seeing objects when walking or difficulty placing items on a table.



## Disorientation in time and place

Not knowing what day of the week it is or getting lost in a familiar place.



## Changes in mood, behaviour and personality

Experiencing severe mood changes or behaving out of character, such as being suspicious or withdrawing.



For more information, contact your local Alzheimer Society. Visit [alzheimer.ca/find](http://alzheimer.ca/find).

Created 2015. Last reviewed 2024. Next review due 2028. © Alzheimer Society of Canada, 2024. All rights reserved.

Alzheimer Society

# **Remember When We Had Time to Just Talk?**



**Right now, across Nova  
Scotia, this is what some  
folks are doing.**

A few times a week, we  
gather on the phone for  
good, old-fashioned  
conversation.

**We just need some help facilitating those calls.**

If you too are longing for a simpler time, for building  
friendships slowly, for laughs and real connection,  
join us!

**This is a remote, volunteer position. You only need a computer or tablet.  
Participating seniors will join scheduled, group calls by telephone.**

**Call or Email for more information:**

**902-410-7092**

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

# Emergency Preparedness

## Be Ready

Emergencies can happen anytime, anywhere. It's important to learn what to do before, during, and after an emergency. The first steps for preparedness are to make an emergency plan and build emergency kits.

## Make an Emergency Plan

Being ready for an emergency means getting organized in advance and making a plan to help you get through. It is important to connect with people you trust, and know who can help in advance. Share your plan with your family and keep copies in multiple locations.

Information about health needs, local emergency supports, a place to stay, and contact information for your trusted people are all important parts of a plan.



# Emergency Kit Checklists



## 72-HOUR EMERGENCY KIT

You should be ready to look after yourself and your family for 72 hours. An emergency kit should be easy to find quickly and easy to carry. Items should include:

- Your emergency plan
- Water - 6 litres/per person (two litres/day) plus enough for pets
- Non-perishable, ready-to-eat food, like canned or dry goods
- Can opener
- First-aid kit
- Prescription medications for at least three days
- Wind-up or battery-powered flashlight
- Wind-up or battery-powered radio
- Back-up battery for cell phone
- Back-up batteries for flashlights and radio
- Money in small bills
- Important documents, like identification and insurance papers.

## BUILD A GO BAG

Emergencies can happen at any time and may require you to evacuate quickly. A go-bag is a small emergency kit with essential items that are ready to grab and take with you. Items should include:

- Ready-to-eat food and water
- Cell phone charger and back-up battery
- Wind-up or battery-powered flashlight
- Extra batteries
- First-aid kit
- Small wind-up or battery-operated radio
- Prescription medications for at least 3 days
- Personal hygiene items
- Copy of your emergency plan and a local map
- Copies of important documents, like identification and insurance papers
- Cash in small bills
- Seasonal clothing and an emergency Blanket
- Whistle

# Song Circle

## **“Good Vibrations” - The Beach Boys**

I-I love the colorful clothes she wears  
And the way the sunlight plays upon her hair  
I hear the sound of a gentle word  
On the wind that lifts  
her perfume through the air

I'm pickin' up good vibrations  
She's giving me the excitations (oom-bop-bop)  
I'm pickin' up good vibrations  
(good vibrations, oom-bop-bop)  
She's giving me the excitations  
(excitations, oom-bop-bop)  
I'm pickin' up good vibrations (oom-bop-bop)  
She's giving me the excitations  
(excitations, oom-bop-bop)  
I'm pickin' up good vibrations (oom-bop-bop)  
She's giving me the excitations (excitations)

Close my eyes, she's somehow closer now  
Softly smile, I know she must be kind  
When I look in her eyes  
She goes with me to a blossom world

I'm pickin' up good vibrations  
She's giving me excitations (oom-bop-bop)  
I'm pickin' up good vibrations  
(good vibrations, oom-bop-bop)  
She's giving me excitations  
(excitations, oom-bop-bop)  
Good, good, good, good vibrations  
(oom-bop-bop)  
She's giving me excitations  
(excitations, oom-bop-bop)

## **“Twist and Shout” - The Beatles**

Well, shake it up, baby, now (shake it up baby)  
Twist and shout (twist and shout)  
Come on, come on, come, come on, baby, now  
(come on baby)  
Come on and work it on out (work it on out)  
Well, work it on out, honey (work it on out)  
You know you look so good (look so good)  
You know you got me goin' now (got me goin')  
Just like you knew you would  
(like I knew you would)  
Well, shake it up, baby, now (shake it up baby)  
Twist and shout (twist and shout)  
Come on, come on, come, come on, baby, now  
(come on baby)  
Come on and work it on out (work it on out)  
You know you twist, you little girl (twist little girl)  
You know you twist so fine (twist so fine)  
Come on and twist a little closer now (twist a little  
closer)  
And let me know that you're mine, woo

## **“Johnny B. Goode” - Chuck Berry**

Deep down in Louisiana close to New Orleans  
Way back up in the woods among the evergreens  
There stood a log cabin made of earth and wood  
Where lived a country boy named Johnny B. Goode  
Who never ever learned to read or write so well  
But he could play a guitar just like a-ringin' a bell  
Go, go  
Go Johnny, go, go  
Go Johnny, go, go  
Go Johnny, go, go  
Go Johnny, go, go  
Johnny B. Goode  
He used to carry his guitar in a gunny sack  
Go sit beneath the tree by the railroad track  
Oh, the engineers would see him sitting in the  
shade  
Strumming with the rhythm that the drivers made  
The people passing by they would stop and say  
"Oh my what that little country boy could play"  
Go, go  
Go Johnny, go, go  
Go Johnny, go, go  
Go Johnny, go, go  
Go Johnny, go, go  
Johnny B. Goode

### **“Brown-Eyed Girl” - Van Morrison**

Hey, where did we go?  
Days when the rains came  
Down in the hollow  
Playin' a new game  
Laughin' and a-runnin', hey, hey  
Skippin' and a-jumpin'  
In the misty morning fog with  
Our, our hearts a-thumping and you

My brown-eyed girl  
And you, my brown-eyed girl

And whatever happened  
To Tuesday and so slow?  
Going down the old mine with a  
Transistor radio  
Standing in the sunlight laughing  
Hiding 'hind a rainbow's wall  
Slipping and sliding  
All along the waterfall with you

My brown-eyed girl  
You, my brown-eyed girl

Do you remember when we used to sing?  
Sha-la-la, la-la, la-la, la-la tee-da  
Just like that  
Sha-la-la, la-la, la-la, la-la tee-da, la-tee-da

So hard to find my way  
Now that I'm all on my own  
I saw you just the other day  
My, how you have grown  
Cast my memory back there, Lord  
Sometimes I'm overcome thinking 'bout it  
Making love in the green grass  
Behind the stadium with you

My brown-eyed girl  
You, my brown-eyed girl

Do you remember when we used to sing?  
Sha-la-la, la-la, la-la, la-la tee-da  
Sha-la-la, la-la, la-la, la-la tee-da

### **“Sugar Sugar” - The Archies**

Sugar, ah honey honey  
You are my candy girl  
And you got me wanting you  
Honey, ah sugar sugar  
You are my candy girl  
And you've got me wanting you  
I just can't believe the loveliness of loving you  
(I just can't believe it's true)  
I just can't believe the one to love this feeling to  
(I just can't believe it's true)  
Ah sugar, ah honey honey  
You are my candy girl  
And you've got me wanting you  
Oh honey, ah sugar sugar  
You are my candy girl  
And you've got me wanting you

### **“Chapel of Love” - The Dixie Cups**

Goin' to the chapel and we're  
Gonna get married  
Goin' to the chapel and we're  
Gonna get married  
Gee, I really love you and we're  
Gonna get married  
Goin' to the chapel of love  
Spring is here, the sky is blue, whoa-oh-oh  
Birds all sing as if they knew  
Today's the day we'll say, "I do"  
And we'll never be lonely anymore  
Because we're  
Goin' to the chapel and we're  
Gonna get married  
Goin' to the chapel and we're  
Gonna get married  
Gee, I really love you and we're  
Gonna get married  
Goin' to the chapel of love  
Bells will ring, the sun will shine, whoa-oh-oh  
I'll be his and he'll be mine  
We'll love until the end of time  
And we'll never be lonely anymore

# Organization Tips

## Lists

- Writing things down, even if you never look at the list again, helps commit them to memory.
- Keep a running shopping list somewhere visible, like on the fridge, and add to it as you run out of things rather than trying to remember at the store.
- Breaking a big task into small steps makes it feel more manageable and gives you more things to cross off.
- A dedicated notebook for important information ( phone numbers, account details, medical information) is more reliable than trying to remember where you wrote something.
- The two-minute rule: if something takes less than two minutes, do it now rather than adding it to the list.
- Weekly lists work better than daily ones for most people. Daily lists can feel overwhelming if you don't get everything done.

## Housekeeping

- Everything needs a home. An object without a designated place will always end up somewhere random.
- Doing a small tidy at the end of each day takes five minutes and prevents things from piling up.
- One in, one out. When something new comes into the house, something old goes out. This keeps clutter from accumulating.
- Drawer dividers make a surprising difference, even a simple one for the junk drawer.
- Storing things where you use them rather than where they "belong" makes it easier to put them back.
- Tackling one small area at a time is more sustainable than trying to organize everything at once. Try starting with just one drawer or shelf.

## Calendars and Scheduling

- Writing appointments down as soon as you make them prevents the "I thought it was next week" problem.
- A wall calendar in a high-traffic spot (kitchen, hallway) works as a passive reminder without any effort.
- Colour coding a calendar—one colour per person or type of appointment—makes it easier to read at a glance.
- Setting a reminder the day before an appointment, not just on the day, gives you time to prepare.
- A monthly review (just five minutes at the end of the month to look ahead) prevents surprises.
- Writing the reason for an appointment alongside the date is more useful than just writing the appointment itself.

## Managing Paper

- Deal with mail the day it arrives. Recycle junk immediately and file what needs to be kept. This helps prevent piles from forming.
- A simple accordion file or a few labelled folders handles most household paperwork without any complicated system.
- Keep important documents like your birth certificate, will, or insurance papers in one dedicated place that everyone in the household knows about.
- Bills and statements older than seven years generally don't need to be kept.
- A basket or tray designated for incoming paper gives it a temporary home without letting it spread across every surface.
- Going paperless for bills and statements reduces incoming paper significantly. Most banks and utilities offer this option.

# Telephone Fun Facts

- Alexander Graham Bell made the first telephone call in 1876. His first words were to his assistant in the next room: "Mr. Watson, come here, I want to see you."
- Party lines (shared telephone lines where multiple households could listen in on each other's calls) were common in rural Canada well into the 1960s and 70s.
- The first telephone exchange in Canada opened in Hamilton, Ontario in 1878, just two years after the telephone was invented.
- Rotary dial phones were standard in Canadian homes from the 1920s through the 1970s. Touch-tone phones became widely available in the 1960s but took decades to fully replace them.
- The first mobile phone call was made in 1973 by Motorola engineer Martin Cooper. He called a competitor at Bell Labs to tell him he was using a mobile phone.
- Canada's 911 emergency system was first introduced in Winnipeg in 1959, making it one of the earliest 911 systems in the world.
- Phone numbers used to include a named exchange: the first two letters of a locally significant word, which mapped to the first two digits on the dial. In North America, exchanges were named after local landmarks, neighbourhoods, or prominent words. If you called someone and their number started with "GL," the exchange might have been "GLendale" or "GLenview." (The system was phased out across Canada through the 1960s and 70s as all-digit dialling became standard.)
- Payphones have largely disappeared. Canada had over 100,000 in the 1990s. By the early 2020s that number had dropped to a few thousand.
- The average Canadian now spends over four hours a day on their smartphone. More time than they spend watching television.
- The first smartphone as we know it today (touchscreen, internet, apps) was introduced by Apple in 2007. It's been less than twenty years and it has completely changed how we communicate.