

Wentworth Plays Host to Cumberland County Senior Citizens Council



Wentworth Hosts the Cumberland County Senior Citizens Council." The note under the photo reads as follows: "Joe Patriquin, an active exercise member of the Wentworth Pioneer Club, takes a ski at Ski Wentworth. Joe skis for fun and to keep fit and active. He is a mentor for other seniors by living an active life style. Next Council meeting is at Oxford on November 18. (Bridgewater Photo)

By Hope Bridgewater

An early autumn 2009 meeting of the Cumberland County Senior Citizens Council was hosted by the Wentworth Pioneer Club at the community Recreation Centre. The Council meets four times a year, oversees the 11 Senior Clubs of Cumberland County, comes under the direction of the Nova Scotia Department of Seniors. It has connections to the Nova Scotia Department of Health Promotion and Protection, Community Links, the Coalition of the Prevention of Falls Together, the Federation of Senior Citizens and Pensioners of Nova Scotia, the yearly Seniors Games and the annual 50+Exhibition in Halifax.

The President of the Cumberland County Senior Citizens Council states that the purpose of the Council is to promote the general principals of the Senior Movement: to support the dignity of seniors, their health, their welfare and their independence. The Council has a noble and compassionate responsibility for this County.

During the first hour of the meeting, Brenda MacKinnon, director of the Coalition of Preventing Falls Together (PFT) in Central Nova Scotia, introduced four excellent speakers who help Brenda successfully carry out PFT: #1. Fonda Hutchison, VON and PFT member, demonstrated the SMART in-house exercise program designed to keep seniors independent and staying in their own homes; #2. PFT member, Nancy Williamson, a volunteer, told of a two-day

training session for adults who wish to volunteer as instructors for the SMART in-house exercise program and to contact herself or Brenda;

The third presenter Elaine Nepjuk, Community -Based Services, PFT member, informed the audience about community-based therapy services in Cumberland County, her work as an occupational therapist, her role in helping seniors to live independently and that contact information will soon be available at Senior Clubs; #4. Sarah MacPherson, Health Promotion Coordinator, Public Health Services, told the audience how she with the help of Patricia Harrington, Continuing Care, and Matt Pryde, Fundy Active Living Coordinator, have developed a four page activity survey to find out more information about exercise opportunities for seniors and instructors in Cumberland County, and what they would like to do for exercise. Sarah is asking for all seniors to fill out the activity survey as soon as the forms are available at their Clubs.

Brenda ended her educational program by thanking the Wentworth Pioneer Club for being a fine host told them that each Club could join Community Links for free. She said she would take her program to any of the Cumberland County Senior Citizens Clubs who wished to have the program. Brenda gave a large poster to the Wentworth Club which showed two members, Joey Patriquin on skis and Bob Hyslop on a hike, as examples of good exercise.

The Wentworth Pioneer Club then served lunch to the meeting after a Blessing said by Claire Patriquin of Wentworth. The Mystery Box with gifts from the Wentworth Club was raffled off and won by Peggy Patriquin who loved the contents of the Box. Funds from this raffle were given to the Senior Council.

President Judy Shultz (Oxford), Vice-President George Dempsey (Malagash), Secretary Betty Curry (Wentworth) and Gertrude Hollis (Northport) began the meeting. All members sang O Canada, read the Seniors Prayer, and observed a minute of silence for members deceased since the last meeting.

Members discussed the excellent Summer Seniors Picnic hosted by the Amherst Golden Years Society on August 12. A motion was passed to have the Summer Picnic begin at 2 p.m. rather than 1 p.m. as always some Clubs are a considerable distance away from a chosen picnic location. George Dempsey will be the Council's representative at the Seniors Wellness Network which meets monthly in Amherst.

In 2009, the Senior Games have already met in Truro and the Games are meeting again in Yarmouth in September. This autumn the Federal Government grant, New Horizons for Seniors, offers funding for its Capital Assistance Program, and application forms may be obtained by phoning 902-426-6528.

Gertrude Hollis as our Zone representative in Cumberland County is asking for reports from any of the clubs for the Newsletter printed by the Federation of Senior Citizens and Pensioners of Nova Scotia and news items, recipes, poems, brief stories, jokes are welcome.

President Judy Shultz asked for a report from each Club. All the Clubs have a large social component consisting of games (auction 45's, dominoes, cribbage, poker, bingo, crokinole, scrabble, shuffleboard), dances and potluck lunches or suppers. Some Clubs do fundraising or cater meals. Their focus is to keep friendships and have social fun so that people do not become isolated or friendless.

Gertrude Hollis reported on 50+Expo held every June at Exhibition Park in Halifax. Gertie was responsible for the Cumberland County Senior Citizens Council Booth and had the help of her cousin, Millicent Dunkin, and friends, Ray and Barbara Latta. A basket was raffled off with the winner being Shirley Davidson of Afton Antigonish County and 210 grab bags were sold. The funds were given to the Cumberland County Senior Citizens Council.

Members voted in a Nominating Committee consisting of Carol Dempsey, Barbara Latta and Hope Bridgewater in order for them to bring in at the next meeting the names of the proposed Council Executive for the year 2010.

With the meeting adjourned, there was time for some social chatting before everyone departed this interesting meeting. Next Council meeting is at Oxford on November 18.

Out and About with Ken

By Ken Kennedy

My goodness, where has October gone? I almost missed the Shoreline's deadline!

There has been a lot of birthday's and anniversaries recently. I hear that Harold and Lorna Lewis' 50th anniversary was a swinging good time in Economy on Sept. 26th. We had planned to go but ended up playing and singing at the Bass River Baptist gospel music coffee house instead. The next day we motored to Parrsboro to see the Hank Snow tribute aboard the Kipawo theatre. It was a packed house and the young singer did a pretty good imitation of Hank and sang most of his well-known hits.

Speaking of celebrations, I hear Jim Chipman celebrated his 80th birthday on Oct. 2nd at his Bass River home. Then there was long-time Shoreline correspondent Joyce Starratt who celebrated her 89th on Oct. 3rd. She may mention both of those mementos events in this month's column. On Sunday, Oct. 4th I preached a message at Bass River Baptist to nine people (including myself). Pastor Larry Tirrell went back home to the Maine and the Eastern USA area on vacation to see his family and friends that week.

On Oct. 9th Velma and I celebrated our 44th anniversary and Thanksgiving weekend in Halifax with our hairdresser daughter, Pamela, and some of her friends. We took a quick run out to Peggy's Cove and had our favourite gingerbread dessert in the Sou'wester after taking some pictures on the rocks.

I have been working hard getting the wood into the house and into the shed. The darn stuff is messy and a lot of work but we sure appreciate the heat it gives in the winter.

There has been a couple of notable deaths in the area recently. Mrs. Phillis Maybee was memorialized at Erskine UCC in Glenholme on Friday, Oct. 16 and Howard Geldart in Debert UCC on Oct. 17th.

Other birthdays locally included Mrs. Fran Forman's 90th celebration at the Debert Fire Hall on Oct. 18. We then scooted over to Eric Jennings' 70th bash at his place to get some more lunch. Between Fran and Eric's we must have gained five pounds!

As if that wasn't enough, we then traveled down to Bass River to hear Evangelist Ed Sealy at the Community Centre and ended up with another lunch after he finished preaching. Man can that guy sing.

All in all, we have been kind of busy, so let's hope things slow down a bit. That's not very likely though since Velma and I are now Associate Chaplains and make weekly visits to area nursing homes, where we have met some very nice people from along the shore.

As far as Debert Happenings is concerned, I have mention a few items already. We hear the Helen Lane in not well and back and forth to the hospital. I see where the Military Museum has a new roof and a new Canadian Flag proudly flying. Some other renovations are in the offing I hear. No doubt there will be lots of Remembrance Day activi-



Kate Groves, Independent

Questionnaire not received at press time

ties to report next month. On November 1st, the Debert Baptist Church will be celebrating its 158 anniversary with a baptism at the morning service and a special anniversary service at 7:00 p.m. with special speaker, music, and, or course, food and fellowship. All are welcome.

We had a great turn-out at our Debert Baptist gospel coffee house on Oct. 17th. Our next coffee house will be held on Nov. 21st at 7:00 p.m. All are welcome. The jam sessions at the Masonic Hall are well attended as well. Also the jam sessions at the Boy's and Girls club in Truro are on again and being held on the second and last Saturday afternoons. This event is sponsored by the Nova Scotia Old Time Bluegrass and Country Music Association. This event is a little different than the concert type format since various singers and pickers travel from room to room and join in with whoever is playing at the time. Then they move on to another room, and so on.

That's about it for this month. See you next time.



Bob Hyslop, an active exercise member of the Wentworth Pioneer Club, takes a group on a 3-hour hike to High Head, the highest point in the Cobequid Mountains of the Wentworth Valley. Bob is known as Chilkoot Bob, named after the Chilkoot Mountain in the Yukon (Bridgewater Photo)



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