



Margery McPhee sits at the manual phone board which she worked in Parrsboro about 50 years ago. She gave a presentation during "storytelling evening" at Ottawa House on August 14th. (Lawrence R. Nicoll Photo)



Storytelling night on August 14th at the Ottawa House, Parrsboro was made even more interesting with Ed Gilbert's version of some wonderful tales. (Lawrence R. Nicoll Photo)

## Cumberland Senior Clubs Meet in Wentworth

By Hope Bridgewater

The Cumberland County Council of Senior Citizens met for their second meeting of the year hosted by the Wentworth Pioneer Club at the Wentworth Recreation Centre. As club members entered the Centre, they were given tickets for the raffle of a mystery basket organized by Jan Smith, a member of the host club.

President Judy Schultz introduced the guest speaker, Margaret MacDonald, Care Coordinator from the Cumberland Health Authority Continuing Care. MacDonald gave an informative and interesting talk, saying that the vision of Continuing Care was to support people of all ages to live safely and independently for as long as possible in their homes. Only after all options have been explored will other living choices be considered. A Continuing Care Coordinator works with a client and family to determine what supports are needed for the unique needs of each person and family. The case management

approach supports independence and safety in the home while providing the needed services. The assessment is completed in the client's home with those whom the client wishes to be present. An assessment is required to determine needs and eligibility for most services.

Such services include nursing, home support, palliative care, bed loan program, home oxygen, respite care, caregiver benefit, self managed care, personal alert or medication dispenser, and supportive care. Continuing Care can connect to a variety of other resources in the community such as falls prevention, occupational therapy, and meals. When clients are eligible, some services can be purchased for them in order to support remaining at home, such as home maintenance, transportation, meal delivery, and snow removal. When a person needs hospital services, Home First will focus on preparing the person to return safely back in their home, and this is achieved by

## West Colchester Minor Baseball

By Linda Harrington

The four community teams (Great Village, Londonderry, Debert & Onslow) play each other all season, with games happening in Londonderry (Fred Gamble Memorial Field) and Great Village (Doug Peppard Memorial Field). The end-of-season tournament was held August 15th and 16th. Each team plays each other with the top two teams playing off in a championship game. Games started Friday evening, this year after a brief rain delay. The top two teams advancing to the championship were Great Village and Londonderry, with

Londonderry winning 7-4.

The West Colchester Minor Baseball League is offered totally through volunteers - coaches, umpires, and maintenance crews who keep the ball fields in excellent playing condition. The cost to play is \$40.00/season which provides the players with a team shirt, shared equipment (bats, helmets, balls), and an end-of-season barbeque. Players need only to have a ball glove, and a good attitude!

The West Colchester Minor Baseball League has been in operation for four seasons, and new players are always welcome to join. Registration

information for the 2015-16 season will take place in the spring. Watch for information through a school notice, or check the website: [www.leaguelineup.com/westcolchester/](http://www.leaguelineup.com/westcolchester/)  
**NOTE: Garbage cans were recently "borrowed" from the**

**Great Village ball field. After already suffering damage to one of the team shelters in hurricane Arthur, this is another added expense to replace. The volunteers, who put in many hours to keep this league going, would appreciate their return.**



Great Village Goats were runners up in the West Colchester Minor Baseball Championship played on August 17th in Great Village. Team members included: Damian Howell, Luke Smith, Kathleen Smith, Colby Spencer, Haley Spencer, Zachary Dykstra, Natalie Porter, Tim Porter, Ethan Totten, Marshall Fields, Will Bowers, with coaches Mike Spencer, Ron Smith and Kevin Dykstra. (Harrington Photo)



West Colchester Minor Baseball Tournament was held at the Great Village Field on Friday, August 15th and Saturday, August 17th. Teams from Great Village, Londonderry, Onslow and Debert took part, with Tee Ball games held, as well. A year end BBQ was enjoyed mid-day on Saturday. Londonderry Ironclads won the West Colchester Minor Baseball Championship. Team members included: Cody Patriquin, Cam Lynds, Brady Flanagan, Damien George, Dakota Smith, Joey Cooke, Tanner MacIvor, Riley McMullen, McKayla O'Brien, Mike George, and coaches Laurie George and Derek McMullen. (Harrington Photo)

## Well Wishes

Thrown behind your shoulder  
A penny tosses so high  
Into the depths of a wishing well.  
For our wishes here we try  
What is it we dream for?  
For what is it that we strive?  
For maybe, Just "Lady Luck"  
To keep our dreams alive.

God bless and thank-you  
Thomas A. Marshall, (Ex-Navy)

increased mobilization, advance discharge planning, and enhanced services at discharge from hospital (including Emergency Room discharge).

Only when living at home is no longer an option, long term homes are available for eligible individuals, and two types of homes are available in Cumberland County depending on the level of care needed: residential care facilities and nursing homes

After her excellent talk, MacDonald took many questions from those present. To contact Continuing Care District Office phone 1-800-225-7225, 7 days a week, 8:30 am to 4:30 pm.

After grace was said by Rev. Brian DeLong, a tasty meal was served by the Wentworth Pioneer Club and gave a chance for people to chat and get to know one another better as Cumberland County covers a large territory. A basket was passed around at the meal and members each donated \$5 to help cover costs.

At 1 pm President Schultz called the business meeting to order. The other current executive of the Cumberland County Council are Secretary Betty Curry, Treasurer Gertie Hollis and Zone Representative Sharon Rector. Important aspects of the business meeting were the announcement of a New Horizons Grant, the request for updated club history of each club, a report of the 40th Convention of the Federation of Senior Citizens and Pensioners of Nova Scotia, reports from each of the clubs present, and two important future meetings.

The Summer Picnic of the Cumberland County senior clubs was held at the Wallace Community Hall on August 13. It was a fun-filled afternoon of entertainment followed by a potluck supper. Each person was asked to bring a food item for the supper.

The third Council meeting of the year, which includes all clubs will be held on September 17 at the Shinimicas Seniors Centre and hosted by the Sunrise Senior Citizens Northport.

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