

Spindrifters Inc.

For Those 50+

APRIL/MAY 2021



MARK YOUR CALENDARS!



April 1
April Fool's Day

April 3
Easter Farmers' Market

April 4
Easter Sunday

April 10
Zoom Craft Class 3

April 13
Virtual Discussion:
Health Care in NB



May 1
Spring Farmers' Market

May 10
Election Day

May 20-23
Paddlefest

Ongoing:
YAWNS Sleep Study



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St. Andrews Community Garden News

*submitted by Muriel Jarvis
photographs by Sylvia Humphries*

We anticipate another marvelous and productive season at the Saint Andrews Community Garden.



Spring has arrived and for the thirty-two eager Community Garden members, that is a welcome event.

Garden plots have lain fallow all winter but soon little green sprouts will pop up and seeds and seedlings will be planted in the fertile ground.

This year a unique pilot demonstration project is being performed on the plot designated for the Open Door food bank. Stan Choptiany has built a cold frame and, along with Rika Nason, has installed it on the plot to see if the growing season can be extended. Stay tuned for updates.

At the present time, there is one Garden plot available for the coming gardening season. If you are keen to become involved with the Community Garden, email Muriel at canadamuriel@hotmail.com.

First come, first served.

Rock Painting Fun

In January, members were challenged to pass the winter months by painting rocks. It was an activity designed to keep people busy while confined to home. This project has had many positive outcomes from honing creativity for those who paint to giving participants the opportunity to share the fun within their 'bubble' as they gathered with family/friends to enjoy a creative hour or two. In May, we will take the opportunity to spread joy through the community by 'hiding' the masterpieces in strategic spots along the downtown core for people to discover. Keep checking the weekly reminders for the date as we finalize the details regarding where and when to gather.

Take a look at Page 2 to view some of the selfies members sent to Betty as they completed their creations.

RECENT ACTIVITIES: *Rock Painting*

THE ARTISTS...AND...THEIR CREATIONS



Carla P and Grand Children



Leona G



Terri T



Cathy M



Jayne S



Muriel J

Sue B



Louis M



Carla P



Tessa C, Wilma B and Jane H

Spring Events and Activities:

April 1



Spring has arrived and we need to celebrate! It's been a long, difficult year. On this April Fool's Day, take a look at the list of wacky/fun days we can adopt for celebrating every day in April. Enjoy and... take pictures for the next issue!

April's Special and Wacky Days ...

<p>April 1</p> <ul style="list-style-type: none"> April Fool's Day Atheist Day International Fun at Work Day International Tatting Day National Burrito Day 	<p>April 10</p> <ul style="list-style-type: none"> Golfer's Day National Farm Animals Day National Siblings Day Safety Pin Day 	<p>April 18</p> <ul style="list-style-type: none"> International Juggler's Day Newspaper Columnists Day Pet Owners Independence Day
<p>April 2</p> <ul style="list-style-type: none"> Children's Book Day Good Friday - date varies National Peanut Butter and Jelly Day National Walk to Work Day Reconciliation Day 	<p>April 11</p> <ul style="list-style-type: none"> Barbershop Quartet Day Eight Track Tape Day National Pet Day National Submarine Day 	<p>April 19</p> <ul style="list-style-type: none"> National Garlic Day National Hanging Out Day
<p>April 3</p> <ul style="list-style-type: none"> Don't Go to Work Unless it's Fun Day Find a Rainbow Day Tweed Day World Party Day 	<p>April 12</p> <ul style="list-style-type: none"> Big Wind Day Grilled Cheese Sandwich Day National Library Workers Day National Licorice Day Walk on Your Wild Side Day 	<p>April 20</p> <ul style="list-style-type: none"> Chinese Language Day Look Alike Day Volunteer Recognition Day Kindergarten Day
<p>April 4</p> <ul style="list-style-type: none"> Easter Sunday - date varies Hug a Newsmen Day Walk Around Things Day School Librarian Day Tell a Lie Day World Rat Day 	<p>April 13</p> <ul style="list-style-type: none"> International Plant Appreciation Day National Peach Cobbler Day Scrabble Day 	<p>April 22</p> <ul style="list-style-type: none"> Girl Scout Leader Day National Jelly Bean Day Take Your Daughter to Work Day
<p>April 5</p> <ul style="list-style-type: none"> Deep Dish Pizza Day Go for Broke Day National Dandelion Day Read a Road Map Day 	<p>April 14</p> <ul style="list-style-type: none"> International Be Kind to Lawyers Day International Moment of Laughter Day Look up at the Sky Day National Bookmobile Day National Dolphin Day National Pecan Day 	<p>April 23</p> <ul style="list-style-type: none"> Lover's Day National English Muffin Day National Zucchini Bread Day Take a Chance Day World Laboratory Day
<p>April 6</p> <ul style="list-style-type: none"> National Tartan Day New Beer's Eve Sorry Charlie Day Teflon Day 	<p>April 15</p> <ul style="list-style-type: none"> National High Five Day Rubber Eraser Day Take a Wild Guess Day That Sucks Day World Art Day 	<p>April 24</p> <ul style="list-style-type: none"> Pigs in a Blanket Day
<p>April 7</p> <ul style="list-style-type: none"> Caramel Popcorn Day International Beaver Day National Beer Day National Walking Day No Housework Day World Health Day 	<p>April 16</p> <ul style="list-style-type: none"> Mushroom Day National Bean Counter Day National Eggs Benedict Day National Librarian Day National Stress Awareness Day Save the Elephant Day 	<p>April 25</p> <ul style="list-style-type: none"> East Meets West Day National DNA Day World Penguin Day
<p>April 8</p> <ul style="list-style-type: none"> All is Ours Day Draw a Picture of a Bird Day Zoo Lover's Day 	<p>April 17</p> <ul style="list-style-type: none"> Bat Appreciation Day Blah, Blah, Blah Day Herbalist Day Husband Appreciation Day International Haiku Poetry Day National Cheeseball Day Record Store Day World Circus Day 	<p>April 26</p> <ul style="list-style-type: none"> Hug an Australian Day National Pretzel Day
<p>April 9</p> <ul style="list-style-type: none"> Name Yourself Day Winston Churchill Day 		<p>April 27</p> <ul style="list-style-type: none"> Babe Ruth Day Morse Code Day National Prime Rib Day Tell a Story Day
		<p>April 28</p> <ul style="list-style-type: none"> International Astronomy Day Great Poetry Reading Day Kiss Your Mate Day
		<p>April 29</p> <ul style="list-style-type: none"> Greenery Day International Dance Day National Shrimp Scampi Day National Zipper Day
		<p>April 30</p> <ul style="list-style-type: none"> Hairstyle Appreciation Day International Jazz Day National Honesty Day National Raisin Day National Mahjong Day

April 3**CHANGING SEASONS
EASTER FARMERS' MARKET**

Van Horne Ballroom
The Algonquin Resort
10:00 AM - 2:00 PM

**April 4****April 10****'ZOOM' CRAFT CLASS NUMBER 3**

Spindrifters has arranged for members to enjoy craft classes from their home. The instructor for the classes is Shelly Chase (pictured). The April class will offer participants an opportunity to create a beautiful spring wreath for their door.

Arrangement for preregistration and payment can be made by contacting Shelly at scroogemarleys@hotmail.com or by calling her at 529-8588. At the time of registration, advise her of your choice of colour: purple, blue, green, purple/lilac, green/gold with either a glitter or a flower centre.



Cost for the kit is \$25:

E-transfer funds to Shelley at scroogemarleys@hotmail.com,

A ZOOM link will be e-mailed to you in advance of the class.

9:45 AM login for a 10:00 AM class start

You will also need the following materials: scissors, tape measure or yard stick (must be able to measure 20 inches), glue gun, 4 can goods for weights.

April 13**A VIRTUAL DISCUSSION:
THE FUTURE OF HEALTH CARE IN NB****Want to share your thoughts about the future of health care?**

Spindrifters are invited to join other New Brunswickers to participate in a virtual engagement process on the future of health care in New Brunswick which will involve the creation of the provincial health plan.

All sessions will be held online using Zoom. Please register below. The meeting link you will receive upon confirmation is unique to you and your email address. Registrations will be accepted until 4:30 p.m. the day before the event.

Health Minister Dorothy Shephard will host a virtual public consultation session by Zoom to discuss the 'challenges facing the health-care system in New Brunswick. The discussion will include input from medical professionals, community leaders and the public on the topic of:

"Striving for Dependable Public Health Care:

A discussion paper on the future of health care in New Brunswick"

The session for Charlotte County is scheduled for

April 13 from 6:30 p.m. to 8:30 pm

Register at:

www2.gnb.ca/content/gnb/en/departments/health/healthcare_review.html

Ongoing**THERE'S STILL TIME TO PARTICIPATE IN RESEARCH STUDY**

Spindrifters still have time to join the research study to learn how to sleep better while becoming less reliant on sleeping pills. They are enrolling people 65 or older currently taking a prescribed sleeping pill. You will be asked to complete two telephone interviews (6 months apart) and you will receive an information package by mail. Learn more at sleepstudy.ca or call 1-844-929-6762.



Over the next few months, Professor Dr. David Gardner of Dalhousie University who is leading the study, will share with Spindrifters information through this newsletter (See below for the third installment) to help raise awareness on how to get a good night's sleep.

How getting older changes our sleep

Dr. David Gardner, Professor, Department of Psychiatry, Dalhousie University

Not getting your 8 hours of uninterrupted sleep per night? The contrived "8 hours" is actually not what we all need, at any age. Some people do well with less and others need more than 8 hours. And, we can feel well rested, even with interrupted sleep. Nevertheless, as we get older, getting a good night's sleep can seem increasingly elusive. There are well documented biological reasons for this.



- #1 SLEEP QUALITY** When 70 and over, we only get a fraction of the deep sleep we used to get as a teen, even though we can still get a lot of restorative sleep without it.
- #2 SLEEP QUANTITY** Getting to sleep and staying asleep is often more challenging with age. For some, the mind can race when the head hits the pillow and for many medical and other reasons, can make it difficult to sleep through the night uninterrupted. Waking too early can become a major nuisance.
- #3 SLEEP FRAGMENTATION** In addition to multiple nighttime awakenings, napping during the day can become a pattern, which only encourages more nighttime wakefulness. This causes many people to become greatly dissatisfied with their sleep routine.
- #4 CIRCADIAN RHYTHM SHIFT** Our brains release a hormone called melatonin each evening, which triggers a cascade of changes that help the brain and body get ready for sleep. This hormone release can move a little earlier in the evening as we age, making staying awake difficult, and leading to unwelcome early morning awakening.

All hope is not lost. There are a number of things that you can do to improve your sleep, no matter your age, helping you feel well rested and ready to take on the day. For a top 10 list, refer to the February 2021 issue of Spindrifters.



Have you seen a photo in the Newsletter that you like? Contact Betty at stuartbetty@gmail.com or by phone 529-4802 arrange to receive a digital copy.

Ongoing**GET HELP 24/7**

Whether it's help accessing food, mental health supports or other non-emergency programs and services in your community, simply dial 2-1-1. 211 is a **free** helpline and the phones are answered 24/7 in 170 languages. Community Navigators will talk to you about your situation and help you find the right solutions. Whether you are a senior feeling isolated or anxious about getting your

basic necessities or an individual uncertain about whether there are assistance programs for which you are eligible or a parent worried about your child's mental health, help starts with 211.

Ongoing**UNB RESEARCH SURVEY: MY COVID EXPERIENCE**

We're all in this together. What has been your personal experience with COVID and New Brunswick's response to the pandemic? Here is your opportunity to share your opinion by taking the survey; Go to the following site to participate: MYCOVIDEXPERIENCENB.CA



Crafty Corner

Grow a Grass Caterpillar

Materials:

- nylon stockings/knee socks (the more open the weave, the better)
- potting soil
- grass seed (use a quick-grow variety or wheat grass)
- rubber bands or hair ties
- chenille stems / pipe cleaners
- googly eyes
- pom poms (optional)

Directions:

1. Mix the potting soil with the grass seed.
2. Pour into the nylon knee-high stocking and tie off at the end and snip any excess.
3. Add rubber bands (or colourful hair ties) to segment the caterpillar.
4. Wrap the middle of a chenille stem around the segment closest to the head to form antennae. You could also wrap pom poms around each end to decorate the antennae.
5. Poke a chenille stem through the head where one eye should be and then out the other side. You can also use floral wire for this if you prefer. Glue on a google eye on each end.
6. Make sure to water your caterpillars every day!
Keep watering and you'll have fuzzy grass caterpillars!



Source: <http://www.naturallyeducational.com>

May 1

SPRING FARMERS' MARKET



Van Horne Ballroom
The Algonquin Resort
10:00 AM - 2:00 PM



May 10

ELECTION DAY – YOUR VOTE COUNTS!

In accordance with COVID-19 safety protocols, Electors who wish to vote by mail in these elections can apply for a vote-by-mail package now. However, the vote-by-mail packages will only be sent out to those who applied once printed ballots are available, beginning on April 19. That is also the first day that electors can vote in-person at a returning office.



Due to the complexity of the ballots used during municipal elections, voting at a returning office will only be possible once printed ballots are available after April 19. Unlike provincial elections, write-in-ballots are not available.

May 20 - 23

PADDLEFEST 2021 TO BE HELD



Paddlefest is a music and outdoor recreation festival in Saint Andrews. Combining music, art, drink and outdoor activities such as kayaking and canoeing, it's a time of fun for music lovers and adventure seekers alike! For this year's event *Paddlefest* will be scaling back significantly, focusing on small shows at small venues within the community as well as socially responsible outdoor/ environmental events.

A small, safe and locally focused event is the goal for this year while keeping that *Paddlefest* feeling going strong. More details regarding the schedule and events will be released in the weeks ahead. Check the following link for more information: <http://paddlefestnb.ca/>



**Spindrifters Inc.
Ongoing Activities**



CARDS AND GAMES
Mondays - 1:30 to 4:00
Anglican Parish Hall
Spindrifters \$2 - Guests \$3
Inquiries: Jayne 469-4649

EXERCISE CLASS
Tuesdays and Fridays
10:00
Anglican Parish Hall
Spindrifters \$2 - Guests \$3
Inquiries: Carol 529-3923

"GOOD MORNING" WALKS
Mon/Wed/Fri - 8:30 AM
Algonquin Parking Lot
Inquiries: Muriel 529-4099

MEN'S COFFEE BREAK
SATURDAY MORNINGS
10:00 AM HONEYBEANS
INQUIRIES: HANS 529-8372