

# ROTHESAY HIVE – AGE FRIENDLY COMMUNITY CENTRE

JANUARY | 13.01.2022 |

## January Newsletter

Happy New Year Rothesay HIVE members! Although we are currently temporarily closed due to the COVID-19 pandemic, we look forward to welcoming you to the Rothesay HIVE in 2022 when it is safe to do so! In this newsletter, you will find information on opportunities to access programs and services online that can help improve your physical, mental, and social well-being.

**The Rothesay HIVE Age Friendly Community Centre’s Mission** is to be a gathering place to nurture the health and well-being of adults through a hub of activities that focus on socialization, connection, health and wellness, intergenerational programming, lifelong learning and outreach.





### File of Life

Have you picked up a File of Life pouch from the Rothesay HIVE yet?

File of Life is a free resource for all residents of the Kennebecasis Valley. This program benefits everyone as medical emergencies can happen at any time to anyone. The File of Life is placed on your fridge for first responders to have instant access to invaluable information that could help save critical time during an emergency. Your latest medical information – including allergies, medications, emergency contact persons and more – all in one safe place in your own home. Kits can be picked up from the Rothesay Hive.

For more information, please visit: [www.rothesay.ca/file-of-life/](http://www.rothesay.ca/file-of-life/)

### Contact Us:

-  **Website:** [www.rothesay.ca/recreation/rothesay-hive/](http://www.rothesay.ca/recreation/rothesay-hive/)
-  **Phone:** 506-799-9240
-  **Email:** [kirstinduffley@rothesay.ca](mailto:kirstinduffley@rothesay.ca)
-  **@RothesayHive:** [www.facebook.com/groups/RothesayHive/](https://www.facebook.com/groups/RothesayHive/)

# Make Your Own: Winter Bird Feeder



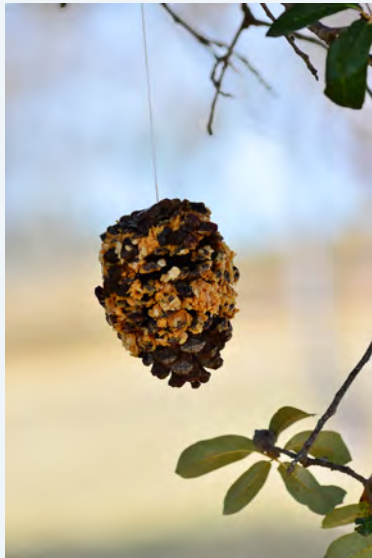
## Here's How to Make a Pinecone Bird Feeder:

**Step 1:** Fill a bucket with water. Drop your natural pinecones into the bucket. Stir the pinecones to remove any insects, dirt, and debris. Remove the pinecones from the water and let them air dry.



**Step 2:** Securely tie a piece of twine, ribbon, or string around the stock end of the pinecone. Leave enough excess to tie onto a tree branch or shrub.

**Step 3:** Place the pinecone on a paper plate or something you do not mind getting dirty. Use a butter knife to spread your choice of one of the following: *peanut butter, honey, suet, lard, vegetable shortening, sunflower seed butter, coconut oil, or other nut butter*, around and under the scales of the pinecone.

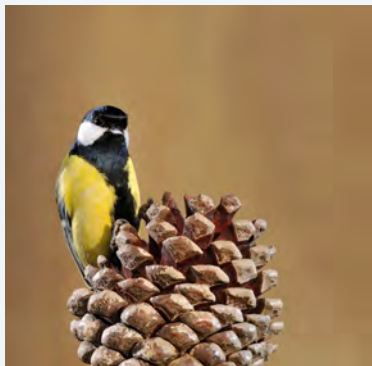


**Step 4:** Sprinkle your choice of birdseed all over the pinecone. Visit Bird Watchers Digest for their tips for bird seed: <http://bit.ly/38Yi4Fp>

**Step 5:** Hang the pinecone outside by tying it to a near by tree or shrub. Place your pinecone feeder where you can enjoy the visitors you attract, but remember to leave four meters from windows to reduce collisions.

**Step 6:** Enjoy watching the birds come visit your homemade pinecone bird feeder.

Visit the Canadian Wildlife Federation for their tips for bird feeding: <http://bit.ly/2LPzbk7>





## Rothesay HIVE Newsletter Bulletin Board

Here is where you can find information about programs, events and services that are available at the Rothesay HIVE, in our community, and across Canada.

### Mindful Moments – Beat the Winter Blues



- ▶ The first Mindful Moment of 2022 will be posted to the Rothesay HIVE Facebook Group on January 17, 2022 at 1:00PM. Become a member of the Facebook Group and stay tuned to listen to Diane O'Connor chat about ways to beat the winter blues.

Want to listen to the previous Mindful Moments? Follow this link: <https://bit.ly/RHMindfulMoments>. You do not need a Facebook Account to watch.

### Winter Speaker Series

**Cost: FREE NO REGISTRATION REQUIRED**



- ▶ Rothesay in partnership with Go Ahead Seniors present the 2022 Virtual Winter Speaker Series. The speaker sessions will take place online during Fundy Winterfest on Thursday evening at 6:00pm. All of these events are FREE and no registration is required. Interviews will be posted on the Rothesay HIVE Facebook Group: [www.facebook.com/groups/RothesayHive](http://www.facebook.com/groups/RothesayHive).

### Wellness Wednesdays with CMHA of NB



- ▶ The Canadian Mental Health Association of New Brunswick is hosting an online series called "Wellness Wednesdays". Once a month, they will host a free webinar on a topic and speaker of interest. These will be held on the last Wednesday of each month.

January's topic is The Brain Basics and will be on Wednesday, January 26 at 7:00 p.m. to 8:00 p.m. Register for the Webinar by following this link: <https://bit.ly/3zXXXD2>

### January is Alzheimer's Awareness Month



- ▶ A diagnosis of dementia is not easy. Connecting to a community of support can make a big difference by eliminating uncertainty and unknowns. The Alzheimer Society can be the first link to that support to help you live well with dementia.

This month, help raise awareness for the support that's available for people living with dementia across Canada – learn more by visiting [www.alzheimer.ca/FirstLink](http://www.alzheimer.ca/FirstLink)



“Cheers to a new year and another chance for us to get it right.”

— Oprah Winfrey

## Compassionate Grief Centre's Seniors Matter Too Program

The Compassionate Grief Centre, located in Saint John have re-launched their Seniors Matter Too program where they offer free counseling for seniors over the age of 55 to help support their Mental Health. They have 100 sessions available for in-person, virtual and on the phone sessions.

Contact them at 506-696-0202 to learn more, or visit their website at:

<https://compassionategriefcentre.ca/>

## Canada's Volunteer Awards Call for Nominations

Canada's Volunteer Awards recognizes the significant contributions of individual volunteers, non-profit organizations and businesses across the country in helping communities. Do you know someone who gives back to their community? They could receive a 2021 Canada's Volunteer Award. You have until March 4 to submit your nomination: <http://ow.ly/Plow50HtIzN>

## Dial a Ride

Dial A Ride is now accepting clients! If access to transportation is a barrier for you, they may be able to help. You can visit their website for more information and for the client registration form:

<https://www.nbcommunitytransit.com>

## 2021-2022 Seniors' Directory

The Human Development Council have put together the 2021-2022 Seniors' Directory with information about many programs, services, and opportunities in the Greater Saint John Area for seniors. You can view and download the PDF version of directory online by following this link:

<https://sjhdc.ca/seniors-directory/>

## KV Fire Department HomeSafe Check

The FREE KVFD HomeSafe Program consists of voluntary home safety inspections and door-to-door smoke alarm checks. After a resident contacts the KVFD about a home inspection, an on duty crew of firefighters will visit their home and will follow a check list as they discuss fire hazards in and around the home and what changes can be made to minimize the risk. Residents of KV can contact the KVFD about the program, by phone: 506-848-6601 or email: [mboyle@kvfire.ca](mailto:mboyle@kvfire.ca)

# THANK YOU TO OUR ROTHESAY HIVE SPONSORS



Town of Rothesay



The Ketchums Sell Houses



Go Ahead Seniors



Java Moose



Rotary Club of Rothesay-Kings



Canadian Tire Rothesay

# Living Life to The Full


**Tuesdays, January 18 to March 8, 2022**  
**2:00 p.m. to 3:30 p.m.**  
Online via zoom

This eight-week program is for adults.

**12 hours that can change your life**



Capacity of 25 participants  
Must pre-register

 **@cmhanb**

**[www.cmhanb.ca](http://www.cmhanb.ca)**



Canadian Mental  
Health Association  
New Brunswick  
*Mental health for all*

Association canadienne  
pour la santé mentale  
Nouveau-Brunswick  
*La santé mentale pour tous*



# LIVING IN ABUNDANCE AND BEAUTY

» THE MENTAL HEALTH BENEFITS OF GARDENING «

*Thursday, January 20 - March 10*

*2:00 p.m. - 3:30 p.m.*

*Virtually via Zoom*

*Capacity of 60 participants*

Therapeutic gardening can teach us a lot about ourselves. Learn to use gardening as a tool to practice acceptance of things beyond our control.

For more information:  
[marie-cecile.leger@gnb.ca](mailto:marie-cecile.leger@gnb.ca)



@cmhanb



»—————«  
**MENTAL HEALTH,  
RESILIENCY,  
AND BIBLIOTHERAPY**  
»—————«

**Thursday, January 27  
2:00 p.m. - 3:30 p.m.  
Virtually via Zoom  
Capacity of 15 participants**

Traumatic events are overwhelming  
and difficult to overcome.  
We can help. Discover Bibliotherapy.  
For more information:  
[cecile.goulette@gnb.ca](mailto:cecile.goulette@gnb.ca)

