



## Newsletter March 2026

### From the Board



#### **NOTICE OF MEETING:**

Upcoming General Members Meeting.: The semi-annual general meeting will be held Monday, May 4, 10:30. All members in good standing are encouraged and welcome to attend. Goodies and coffee and tea will be provided.

Jigsaw puzzles: Board member, Anne Kwan, has kindly volunteered to do a major clean-up of the over-abundance of donated jigsaw puzzles that tend to proliferate at the Centre. If you have donated any puzzles that you would like to get back, or would like to borrow some to take home, please retrieve those ASAP.

Laurie Helyer "Whimsy"

### News

**TIME:** Finally BC has approved an end to time changes and will adopt year-round daylight time. March 8 will be the last time British Columbians have to change their clocks, Premier Eby announced on Monday. B.C.'s new time zone will be called "Pacific time," according to the province.

**WEDNESDAY MARKET:** The City of Nelson has decided to return the Wednesday market to Baker Street for 2026.

**HOUSING:** A report from the B.C. Seniors Advocate last month found that the number of seniors waiting for publicly-funded long-term care has tripled since 2016. Currently, more than 7,000 people are on the waitlist for long-term care, according to B.C. Seniors Advocate Dan Levitt. This demand is also taking a toll on those inside the system as well. Care givers and staff are being impacted. He suggests that instead of building large, institutional facilities, the government should look at building smaller, community-based care homes — which he says non-profits and other private operators create at a smaller cost than publicly-run long-term care homes. Another great idea that is getting some traction is the idea of helping seniors

stay in their homes and have a younger tenant living in the home who can help with basic chores for a reduced rent. We need to think creatively.

### **SPRING:**

The robins are back!  
Have you heard them singing?  
Is spring on its way?

Research indicates that listening to birdsong significantly improves mental health by reducing stress, anxiety, and depression while increasing cognitive focus and mood for up to eight hours. These sounds act as a natural, restorative therapy, activating the parasympathetic nervous system to lower blood pressure and heart rate.



## **Activities and Events**

### **DEMENTIA-FRIENDLY NEIGHBOURHOODS**

You are invited to an open, free community meeting Sunday, March 29, 2-4 pm at  
Christie Lee's Hall, #807-703 Radio Ave, Nelson  
Aging and changing: What is shaping our community? What is missing?  
What are your concerns and needs?

Sponsored by: Fairview Neighbourhood Group and  
Seniors Coordinating Society (SENCOORD)

#### Presenters:

Danielle Bywater, Alzheimer's Society of BC  
Lee Reid - dementia navigation  
Ida & Terry Hanson - living with dementia  
Liz Amaral - author and educator  
Bob Schmitz - chair of SENCOORD board

Contact SENCOORD: [sencoord@gmail.com](mailto:sencoord@gmail.com)  
phone 250-352-6008  
Lee Reid: 250-352-3870

*"It is in the shelter of each other that the people live." Irish proverb*

### **CALL FOR POETS**

Do you write poetry? Do you enjoy reading poetry? Would you be interested in a poetry writing group activity at the center? We are looking for other poets who are willing to share their work and receive and exchange critiques. Poets whose work we admire include: Tom Wayman, Mary Oliver, Marilyn Bowering, Robert Frost, and Margaret Atwood. We are looking for other poets who write heartfelt poetry that tells a

story. Not so fond of rhyming or sing song poetry. The plan is to meet once a month. Each person will read one or two of their poems to the group and have the group comment gently and constructively. Should we have a large response, we may divide into two groups at the meetings to ensure ample time for creative exchange. We hope to collectively appreciate, encourage, and motivate. If you're interested please send an email to [cougarlake2021@gmail.com](mailto:cougarlake2021@gmail.com).

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