



New Aberdeen Neighbourhood Newsletter

The Historic "No. 2" Special Edition, 2023

***Brought to you by the New Aberdeen Revitalization Society,
Warden United Church, and the Tompkins Institute (CBU)***

Welcome to this special edition of the New Aberdeen Neighbourhood Newsletter. We want to connect you with services and programs that you need. You will learn about the ways Warden United Church and the New Aberdeen Affordable Housing Renovation Society can help you and your household. You'll also read about other opportunities available in the community.

- Special Drop In event: April 21
- Jaycee Tracey Memorial Food Cupboard
- Yoga classes
- How to get help with hearing aids
- Nova Scotia's 211 service
- Neighbourhood Handyperson Program
- Opportunity to move to home ownership
- Bonus: an Easter recipe!

Can we help?

If you need help with food, transportation, a friendly phone call, or something else, call the Warden Church Community Help Table. 902-849-6973. Please leave a message with your name, number, and request. We might not respond right away, but someone will get back to you and we'll do our best to help if we can.



Interested in sponsoring this newsletter? Contact Laurie at russ4@hotmail.com

Seniors' Drop In

Friday, April 21

10 am to 11:30 am

Warden United Church

Warden United Church will be hosting a special drop in event about GOOD FOOD. Have a cup of tea and a conversation about what good food means to you.

- Tea and treats
- Nutrition advice
- Recipes and cooking tips
- A chance to meet friends

There is no charge for this event. *Thanks to Age-friendly Communities for their support.*



Did you know? The Jaycee Tracey Memorial Food Cupboard (located at Warden United Church) is available 24/7 for those wishing to donate food and those needing food.

Suggestions for those donating:

- Juice
- Granola bars, snacks, ready-to-eat items
- Canned tuna
- Pasta
- Canned or dried soups
- Personal care items (soap, shampoo, etc.)

We'd love to hear from you!

Please send ideas, notes, photos, articles, or any interesting facts for the **New Aberdeen Neighbourhood Newsletter** to wardenunitedchurch@gmail.com.

Or by mail to:

New Aberdeen Neighbourhood Newsletter, c/o Warden United Church, PO Box 401, Glace Bay NS B1A 4J3



Looking for gentle exercise suitable for all fitness levels and abilities? Consider chair yoga. It's a form of yoga that uses a chair for balance. Benefits include reduced pain, better sleep, and less anxiety.

Tuesdays at 10:00 am at Warden United Church. The cost is \$5. No sign up required - just drop in.

Need help purchasing a hearing aid? Assistance is available. The Cape Breton Hearing Aid Bank will provide one behind-the-ear hearing aid to those who don't have other options. Call 902-564-0003 for more details. Or inquire about the program through Nova Scotia Hearing and Speech.



Nova Scotia's 211 service is a great way to identify possible supports for any need. Simply call 211 or visit ns.211.ca

The service provides a database of community organizations, service providers, and agencies throughout Nova Scotia. You can specify "Cape Breton" in your search. Or simply let the phone operator know you're calling from Glace Bay.

The Neighbourhood Handyman Program is hard at work! We've helped over a dozen households with needed repairs such as fixing a front step, repairing a washroom or kitchen, or patching up leaky windows.

Do you need help with home repairs? We may be able to help. Give us a call! There is no cost to be part of the program, though donations are welcome.

Call Rita: 902-539-0451
Or email ritamacdonald02@gmail.com



Affordable Housing Project - An Opportunity to Own a Home

Are you a renter on a modest income but with consistent employment? Would you like to step into affordable home ownership?

Warden United Church and partner organizations are working on a special affordable housing project. We will be selling to a qualifying household an affordable, totally renovated, modernized half-duplex (historic company house). It's close to the Glace Bay core -- walking distance to shopping, schools, main transit route, and call centre. The proceeds from the sale will fund other affordable housing and community service projects.

If you think you might be interested, we would love to have a conversation with you.

We are looking for:

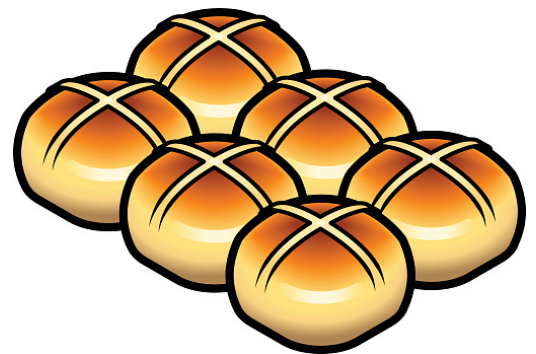
- a household that currently does not own property
- a record of steady employment
- a household with an income between \$35,000 and \$60,000
- a household that lives in the CBRM
- a commitment to live in the home for at least two years

If you would like to have an initial conversation about the selection process and the information that will be required, please send an e-mail explaining your interest to wardenunitedchurch@gmail.com

A Special Recipe for the Easter Season: Hot Cross Buns

1 pkg yeast
 1 tsp sugar
 1/2 cup very warm water
 3/4 cup scalded milk
 1/2 cup sugar
 1 tsp salt
 1/4 cup butter

1 tsp cinnamon
 1/2 tsp cloves
 1/4 tsp nutmeg
 1 egg
 1 1/2 cups raisins or currants
 1/2 cup candied peel, optional
 4 cups sifted flour



In a large mixing bowl, combine yeast and 1 teaspoon of sugar with warm water. Let sit for 10 minutes. Scald milk in saucepan. Remove from heat and add sugar, salt and butter. Stir to dissolve. Cool to lukewarm. Sift 2 cups of flour with spices. Add cooled milk mixture to yeast. Add flour/spice mixture and egg. Beat. Add raisins and 1 1/2 cups of remaining flour. Combine well. Scrape bowl down to clean. Spray or brush a light film of oil in bowl. Put dough on a floured surface and knead until smooth and elastic (about 5 minutes) using remaining 1/2 cup flour to knead. Return to bowl. Cover and let rise for 1 to 1 1/2 hours at room temperature. Punch down. Cut into 20 pieces. Shape into buns. Place on greased cookie sheet. Let rise for 1 to 2 hours. Bake at 375° F for approximately 18 minutes. Cool.

From *A Taste of Dominion: Centennial Edition: 1906-2006*