

DEAR FRIENDS OF SPENCER HOUSE

Happy Spring! It is just past the 1 year mark since the pandemic was declared and what a year it has been. We have walked along side many seniors who have been negatively affected by the pandemic and have experienced a great increase in the need for our Centre and our programs and services.

We believe that with change comes opportunity. While many lament the loss of their "normal" routines, we are looking forward to a better normal - where we elevate the changing needs of seniors so that meeting those needs become a community responsibility offering dignity and respect to our senior friend and neighbours.

Spencer House has adapted, and quickly, to the changing needs of our seniors in the HRM. Here is what has been happening:

PANDEMIC RESPONSE

In the early days of the pandemic when the Centre was closed due to the public health restrictions, we set up peer-to-peer phone trees to help keep friends connected. This was especially important for the majority of seniors we serve who are not online. We also started a food hamper program to get healthy cooked meals out to folks who have barriers to cooking at home. Volunteers delivered hampers every 2 weeks for 6 months - that's over 2000 meals! Each hamper included frozen meals made in our kitchen, homemade muffins and biscuits, fresh fruit and vegetables, bread and cheese, and other dry and canned goods. The program was supported by the United Way Compassion Fund.



PROGRAMS & SERVICES



Our Centre is now open and we are seeing a huge increase in daily attendance. Under the current public health restrictions, we are limited in the number of people we can accommodate in our space, so we have expanded our capacity by re-arranging the Centre and creating a lounge area with a sofa and rocking chairs for folks to hang out. Volunteers worked hard painting, cleaning, clearing out, and doing repairs to almost 40-year old space. The HRM has helped us upgrade our building accessibility with a new ramp and automatic doors on the front entrance.

BUILDING OUR VOLUNTEER BASE

We currently have over 30 volunteers who work at the Centre on a regular basis, many of them seniors themselves. They are the backbone of our organization, from our Reception and Resource, Kitchen Crew, Program Leaders, and Board of Directors. Our volunteers bring diverse experiences and talents to our Centre. We are grateful for their work for and among us.





LOOKING FORWARD

This summer will bring further opportunity for Spencer House, as we welcome Shivani, a Co-op student from Acadia University. She will provide community development and engagement, as we reach out to more seniors in the HRM and work to tailor our program to the changing needs (and wants!) of our senior friends.

YOUR SUPPORT PROVIDES A PLACE SENIORS DESERVE

Your donations and support of our Centre have made a huge impact in the lives of the seniors who come to Spencer House and those who rely on our program to help them remain independent. Every day we experience seniors who truly thrive knowing that there is a safe and inclusive space for them where they are welcome and wanted, and are able to remain connected with their community. All of us who work at Spencer House, volunteers and staff, are thrilled to be a part of such a Centre. All of this is possible because of your support of us and our work.



**THANK YOU FOR HELPING US
BUILD A STRONGER
COMMUNITY, TOGETHER.
BE WELL,
ALLI, NATALIA, ORIT**