



Volunteer sought for Dementia Caregiver Support Group

One more volunteer is needed to help with the creation of a new Dementia Caregivers Support Group in St Margaret's Bay.

The group is already working on a strategy for the future and looking for space that would be suitable for small meetings.

The volunteer is needed to co-facilitate the support group. If you're interested, contact Kara Gouthro-Murgatroyd at 902-422-7961 ext. 242. Kara represents the Alzheimer Society of Nova Scotia.

In Nova Scotia it's estimated that more than 17,000 people are living with some form of dementia. That number is expected to double within a generation.

The idea of developing a support group in the Bay was discussed at a well-attended meeting of the Seniors Association in March.

Once it's up and running, the Caregivers Support Group will contact those people who previously expressed an interest. Others who want to help should contact Ms Gouthro-Murgatroyd.

Debi's big cheque from Bay Treasure Chest

Lucky winner Debi Platt (right), of Timberlea, receives a big cheque from the April 16 draw from the Bay Treasure Chest.

Handing over Debi's winnings of \$896 is Anne Martell, from the SMB Stewardship Association.

The Treasure Chest 50/50 draw supports eight St. Margaret's Bay community non-profit groups.

Read more at www.baytreasurechest.ca.



Look for a Treasure Chest at local retailers and join in the fun.
To find the nearest

participating retailer to you, visit baytreasurechest.ca/retailers.html

St. Margaret's Bay Seniors Association is a not-for-profit registered society whose purpose is to provide housing and accommodation options and assistance for seniors, to represent the interests of seniors in the greater St. Margaret's Bay area, and to share in the development of wellness living for seniors in the area.

Broadway hits at Bay concert

Broadway is coming to the Bay. The Seniors Association, in cooperation with Paul's Hall, will present an evening of popular Broadway musicals on Saturday, May 24 (7.30 pm). It's a great chance to hear Leander Mendoza, a Philippine/Canadian tenor who has performed in opera and musical theatre in Canada, the US and the Philippines.

Leander will be joined by Dana-Lynn Farrell.

You can help pick the music for [A Bay Cabaret in May](#). To hear one of your favourite Broadway hits, telephone Elvira at 902-826-7428 and make a request. Tickets and information are available at Mariposa Natural Market, Tantallon (902-820-3350).

Don't miss two birdie chances

Bird-watching resumes on Monday, May 26. Suzanne Borkowski will lead a group through Jerry Lawrence Park to catch the spring migration.

There could be birdies of another kind at a seniors' **Golf Outing** in the works for the end of June. The Social Committee of the Seniors Association needs 12 golfers to make the event viable. Let us know as soon as possible if you wish to take part. You can email us at golf@bayseniors.ca.

Please support the efforts of the Social Committee to bring interesting events and speakers to our monthly meetings.

If you have any ideas for speakers or special events, or would like to join the social committee, please email social@bayseniors.ca or call us at 902-820-3334.



Money-saving advice session proves popular

The turnout for the Speaker Series event on April 17 suggests Bay area seniors are smart savers - and eager to learn more ways of protecting their income.

Attendance was boosted by ten new visitors attracted by publicity about the talk. (Page 8 of the [Masthead News](#))

Dan Rudisuella, of the Royal Bank, and Anthony Fielding, of Bluenose Accounting, ran through a range of tax-minimizing opportunities and

Part of the bumper turnout for financial experts Dan Rudisuella (below, left) and Anthony Fielding



investment strategies to enable seniors to keep more of their retirement income.

If you missed out on the event, [here's a link to the speakers' presentation](#).

FUTURE EVENTS

Our monthly meetings are open to anyone, and they are free. A great way to stay informed and meet friends.

May 15 2pm, Shining Waters
Services for seniors
Valerie White, CEO of NS Dept. of Seniors, outlines provincial government programs and services for seniors and their families.

June 19 2pm, Shining Waters
More than just coffee
Annis Jones talks about the value of small social networks, based on her experiences with a group that started meeting for coffee and, 40 years later, is much more than that.

Association keen to build on success

The Seniors Association had a productive and satisfying year, president Doug Poulton reported at the annual general meeting on March 20.

One of the successes was the publication of 'A Matter of Taste' cookbook and the cookbook fund-raiser. Five hundred copies were produced and are almost sold-out.

Fundraising events are vital to enable the association to deliver programs and services. The Association would like to receive more input from seniors, their families, and other Bay residents.

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email info@bayseniors.ca telephone 902-820-3334. The centre is next to Shoppers Drug Mart, Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.