



## 1-in-3 seniors will have a fall: tips to help you reduce risk

One of the inescapable consequences of aging is an elevated risk of having a fall. According to the Public Health Agency of Canada, one in three seniors will experience a fall each year. Half of those injured never regain their former level of independence.

Anticipating a problem that will only get worse as Nova Scotia's population ages, [Nova Scotia Community Links](#) and the Department of Health and Wellness organized a Falls Symposium.

Donna McInnis attended on behalf of the Seniors Association.

She reports: "The conference explored two major dimensions: building physical strength and agility through active living; and modifying the environment to ensure safe age-friendly communities.

"Speakers and workshop leaders shared a great deal of expertise, research information, advice and resource references."

Donna brought back a lot of great information about how to protect yourself against the risk of falling, and how to minimize risks at home. It's available from the Information Centre at Tantallon Crossroads.

Staying healthy and mobile is a good way to protect yourself. Get regular check-ups, including vision and hearing tests. Exercise regularly. That's why our Tai Chi classes are so good for seniors.

At home, where most falls happen, check that steps are non-skid and free of clutter. Have solid handrails installed on stairs and grab rails in bathrooms. And make sure you have non-skid mats.

What impact did the symposium have on our delegate, Donna McInnis? "I'll discard my Crocs



*Paula Fredericks shared practical tips on creating attractive Christmas decorations when she spoke at the Holiday Event on December 11th.*

and wear sturdier footwear for the uneven ground outside my backdoor. And I am going to install a grab bar in the bathroom, before I really need it, not after."

### Join us, have your say, make a difference

Membership in the Seniors Association helps provide a strong voice for seniors living around St. Margaret's Bay. And helps support the services and activities we carry out through the year. Member dues for 2015 are \$10 per person or \$18 per couple.

*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.*

## Sign up now for new session of Tai Chi classes

A second session of 8-week Tai Chi classes starts Monday, January 12, at 10am at Shining Waters.

This is a great chance to have some fun with new and old friends while learning some light exercises.

Returning and new participants should indicate their intention to attend soon at [TaiChi@bayseniors.ca](mailto:TaiChi@bayseniors.ca) or call the Information Centre at 902-820-3334. Let us know if you need help with transport.

These sessions are made possible with the help of a grant from the Chebucto West Community Health Board.

## Chest's 'treasures' are the volunteers

You may know of the Bay Treasure Chest community fund raiser and the [5 local non-profit organizations](#) who support and benefit from it. You may not know that the Treasure Chest campaign also benefits from the energy and public service of a 6th group - the 'ad hoc' volunteers.

John Matthews and others designed and crafted the treasure chests. Chantal Pelham-Edwards provided early marketing plans. Harry Cook, Howard Gray and Susan & Norman Picton help organize the weekly draw and keep records. And Jean Harris, Shirley Blair, Brenda Gray and Peter & Carol Wilson help pick up chests and perform weekly draws.

Future articles will feature the [five Treasure Chest partners](#) who organize Treasure Chest activities.

## FUTURE EVENTS

*Monthly meetings are open to anyone, and they are free.*

Thursday, January 15 - presentation by RCMP and Registry of Motor Vehicles representatives on 'when to hang up the car keys' - followed by winter driving tips.

Thursday, February 19 - a light-hearted skit by actors with the Community Links Seniors and Gambling Project.

*I will seek and find you  
I shall take you to bed  
And have my way with you.  
I will make you ache, shake & sweat until  
You moan and groan.  
I will make you beg for mercy,  
Beg for me to stop.  
I will exhaust you to the point that  
You will be relieved when I'm finished with you.  
And when I am finished  
You will be weak for days.  
All my love,  
The Flu  
Get your flu shot!*

## Could you use some help with heating costs?

The Heating Assistance Rebate Program helps lower-income Nova Scotians with the cost of home heating.

You qualify if you pay a heating bill at your current address and meet ONE of these criteria:

- live alone with an income of \$27,000 or less
- live with others and have a combined income of \$42,000 or less
- receive Income Assistance from the Department of Community Services
- receive the Guaranteed Income Supplement from Service Canada

[Click here](#) for an application form or contact the Seniors Information Centre

Your application must be mailed by March 31, 2015.



Another photograph from the Association's Holiday Event. The Bay Grannies, led by Deb Blackadar and pianist Cathy Whiley, joined the audience in Christmas carols and classic songs of the holiday season.

For more information about any of the topics in this newsletter, visit our website [www.bayseniors.ca](http://www.bayseniors.ca) or contact the Seniors Information Centre: email [info@bayseniors.ca](mailto: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.