



IN THIS NEWSLETTER

Help shape future for Bay seniors

Can you do the sit-to-stand test?

Advice on shingles vaccine

Birds offer more than a pretty tune

Help make the Bay even better for seniors

We need your help. As we celebrate our sixth anniversary as an Association, it's good to look back on some of the [achievements](#)¹. But we also need to look forward. And that's where you can help.

If you are a member, you should have received a letter asking for suggestions about future programs and services.

Please tell us how we can make the Bay better for seniors. Send your thoughts in the postage-paid envelope that came with the letter.

If you are one of our 250+ Friends, please call 902-820-3334 and leave your address and we'll send you the Friends mail-out pack.

And, of course, we are always ready to welcome new volunteers. They are the life blood of the association.

¹ www.bayseniors.ca/pdfs/SASMB%20Graphic-Achievements.pdf



Volunteering is a great way to share your skills. To join the Seniors Association, or receive more information about our programs and initiatives, please email info@bayseniors.ca or call 902-820-3334.

Our plans for next year include more housing initiatives - and new health, exercise and social activities for seniors. We are working with the rest of the community to create a seniors drop-in space. Plus the ever popular Tai Chi classes and services already in place.

Good reasons to love our feathered friends

We love birds for their colours, or their song, and their antics on a feeder.

But did you ever stop to think about how birds help us? They can warn us about changes in the weather, alert us to danger, or indicate an unhealthy habitat.

These thoughts, as well as some great photographs, were shared by Suzanne Borkowski (pictured above) at our November meeting.

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

Is shingles vaccine right for you?

It is estimated that 1 in 3 people will experience shingles (herpes zoster) in their lifetime. The nerve pain associated with shingles can last for months and in some cases, years. It has been described as: “excruciating; intense; potentially debilitating”.

The Seniors Association encourages its members to discuss the shingles vaccine with their doctor.

The [Seniors Association](#) may be able to provide financial assistance to members who are in receipt of the Guaranteed Income Supplement (GIS) and who do not have a prescription drug plan that will cover the cost of the vaccine. Please contact the Information Centre at 902-820-3334 for more information.

FUTURE EVENTS

Our monthly meetings are open to anyone, and are free.

Thursday, December 10 - 2 pm, Shining Waters Marina

Holiday Party. Warm up the Christmas festivities season with friends. Bring yourself, bring a friend, bring a few favourite Christmas treats to enjoy with a cup of coffee or tea. Bring an interesting story to share about a special Christmas family tradition or memory that makes the festive season special for you.

Thursday, January 21 - 2 pm, Shining Waters Marina

Bay Syrian Refugee project. Allan King will give an update on the [Bay Syrian Refugee project](#).



HOW DO YOU SHAPE UP IN THE SIT-TO-STAND TEST?

What sort of shape are you in? Here's a quick way of checking how you stack up against other Canadians of your age.

Sit in a straight back chair with both feet firmly planted. Do not use hands or arms to assist you. Rise to a full standing position. Return to sitting. Repeat.

The table below shows the number of repetitions recommended for maintaining physical independence.

Age	Men	Women
60-64	17	15
65-69	16	15
70-74	15	14
75-79	14	13
80-84	13	12
85-89	11	11
90-94	9	9

In the category 60 to 79, only 11.3% of Canadians meet the criteria.

There are more easy exercises at <http://nscommunitylinks.ca/fitness-in-the-kitchen/>

Tricia LeClair (standing) shares some advice on Continuing Care services available from the Department of Health and Wellness

Speaker outlines home care services

Continuing Care Services are provided by the province to eligible people who need care outside of a hospital in their home and in the community.

Care can be provided on a long or short-term basis.

Examples of some local services are in-home care, home oxygen, a hospital-type bed loan program, and other services which may be available following an assessment of a client's needs.

Recently two programs, self-managed care and supportive care, upon approval, allow people with certain needs to directly arrange for their own caregiver assistance and be reimbursed by the [Continuing Care](#) department.

If a loved one needs home care support it is best to contact Continuing Care at 1-800-225-7225.

Volunteers at the Seniors Information Centre 902-820-3334 have Continuing Care information available and can help explain some details.

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 inside The Doctors' Office at 5181 St Margaret's Bay Road, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.