



We're growing - but we need your help

Membership in the Seniors Association and participation in our activities have both doubled. So has the range of interests we hope to serve.

We rely on volunteers (and occasional funding grants) to provide all our activities and public services free of charge or at low cost. We have a dedicated group of volunteers - but we need more.

We particularly welcome help in areas such as communications, community development, searching for grants, and project leadership. Volunteers Beverly Carlsen and Jen Green (pictured right) have a 'wish list' of various volunteer opportunities.

If you have the time and the inclination to help build this wonderful community, and support your friends and neighbours, we'd love to hear from you.

To find out more please visit www.bayseniors.ca/volunteers.html



Help us compile list of support groups

We are compiling a list of support groups in the greater St Margaret's Bay area.

[On our website](#) we've identified three dementia support groups, and have listed contact information for groups and organizations connected with Parkinson's, diabetes and cancer.

If you are involved with setting-up, managing or providing a support group in the area, please let us know

about it. You can contact us by telephone at 902.820.3334 or by [email](#).

If you are a resident looking for a support group not listed on our website, please call our Seniors Information Centre on 902.820.3344.

You can find the list of support groups on our [website](#).

Need tax help?

Volunteers at Tantallon library can help you file your taxes. The service is free if your household income is less than \$30,000. Ask at the library or call 902.826.3330.

Talk to us

Share your news, views and suggestions. Email us at info@bayseniors.ca or call 902.820.3334

Suggest future events

The association's Recreation & Social committee welcomes suggestions for future events (speakers, socials and other activities).

Email info@bayseniors.ca, or call 902.820.3334.

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.

What would an ideal home for seniors look like?

The mandate of the Association includes "to provide housing and accommodation options and assistance for seniors". This is the second of a series of articles outlining what we are doing, and where we are heading.

By René Lavoie, Director

After the February article, a couple wrote that they would like to see a retirement community built in the area, where they could live when they have trouble living in, and keeping up, their present home.

This may be the wish of many, but it will not fall from the sky. If we want it, we will have to work at it.

What would it take to make it happen? A good first step would be an innovative and practical design that would appeal to seniors as a home where they would choose to live the next phase of their lives.

The design would incorporate what we know from the literature and the experience of others, help from experienced specialists, and input from Bay residents.

This is where we all come in. Your thoughts and aspirations are important. Please send them to info@bayseniors.ca

The Association continues to work with HRM planners to ensure that seniors housing will have a place in plans for the Crossroads area.

Meanwhile our Board is looking into land availability around the Bay. One idea is to find a piece of Crown land where the accommodation we're thinking of could be built. That would keep the cost lower.

This is an important issue, and will only get more so. Please join the discussion. Email your thoughts to info@bayseniors.ca

Sign up early for new Tai Chi classes

The next series of Introductory Tai Chi classes begins on March 17. Classes are on Mondays from 10 to 11.30 am at Shining Waters Marina. Our picture shows one of last year's classes with teacher Cathy Weaver.



The fee for eight classes is only \$25, thanks to a grant from the Chebucto West Community Health

Board. (You do need to have paid your 2014 \$10 membership of the association).

New and previous participants should contact Rowena Morrison quickly, as space is limited. Please email TaiChi@bayseniors.ca or call 902.820-3334 and leave a message.

FUTURE EVENTS

Talk about dementia/AGM

2pm Thursday, March 20, Shining Waters Marina

The Alzheimer Society of Nova Scotia will present **Let's Talk: A Discussion About Dementia**. Please join us to learn about the symptoms of dementia, risk factors and the importance of early diagnosis.

The meeting will look at the possibility of forming a local SMB Dementia support group.

There will be coffee, tea and treats after the talk.

Annual General Meeting 3pm

Members of the association are encouraged to attend as several important by-law changes will be discussed.

With the growth of the association more directors are needed, and new members are welcome to join.

Need money to modify your home?

Looking for a little help to adapt your home as you get older? The Nova Scotia Department of Housing offers several home repair programs which assist seniors with lower incomes live independently in their own homes.

Some programs help with home safety renovations. Others can help with larger repairs.

Learn more at www.bayseniors.ca/housing.html or at the Seniors Information Centre where application forms are also available.

CAN YOU HELP?

Senior sitter wanted - to give a family member an afternoon off. For companionship (not cooking or cleaning); moderate compensation is optional. Contact the Seniors Information Centre: 902.820.3344

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 820-3334. The centre is next to Shoppers Drug Mart, Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.