



Newsletter

Breakaway group offers a chance to smile and socialise

Aging can be a challenging process, especially if you are socially isolated or frail. But help is at hand, through a program available in the Bay area.

The Victorian Order of Nurses (VON) [Breakaway Adult Day Program](#) is accepting new participants into its Thursday program in Tantallon.

Breakaway provides a safe and comfortable environment for individuals who are living with chronic illness, social isolation, or Alzheimer's disease. Participants are encouraged to take part in activities including outings, musical entertainment and crafts. It's also a good opportunity for caregivers to have a break.

Our picture shows participants in the Tantallon VON Breakaway program enjoying St Patrick's Day earlier this year.



Breakaway meets every Thursday from 12:30 to 3:30 at St. Nicholas Anglican Church, 29 Westwood Boulevard, Upper Tantallon. The cost is \$12 per session. For more information or to register for Breakaway, please contact Jenny Theriault, VON Greater Halifax's Breakaway Program Coordinator, at 902-455-6393 or e-mail jenny.theriault@von.ca.

Caregivers support group plans first meeting

Are you caring for a relative or friend who has dementia or Alzheimer's?

Under the guidance of the Alzheimer Society of Nova Scotia, we are forming a local

support group for caregivers.

We will meet monthly, and will have our first meeting within the next month.

For more information contact Cathy Urbonas at 902-823-1814 (or overthehill@eastlink.ca).

An estimated 17,000 people are living with some form of dementia in Nova Scotia. That number is expected to double within a generation.

Andrea Redmond (1963-2014)

The Seniors Association thanks you for your contributions to our community and the joy and love you extended to all. Our sincere sympathy to your family and friends.

A self-taught artist, Andrea's art touched people around the world. She was active in many community activities.

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.

Your best Bay photographs needed for message cards

How would you like to give a whole new life to some of your favourite photographs of St Margaret's Bay?

The Seniors Association is looking for photographs to be used for home-produced greetings and sympathy cards.

Evelyn Moncrief explained that the cards would serve a two-fold purpose: they could be used to send to seniors who are ill or have suffered a loss, and they could be sold at meetings as a fund-raiser.

So come on you photographers. Send your favourite photos from around the Bay to social@bayseniors.ca or call 902-820-3334.

The association's Social Committee will design the cards and deal with the printing and folding.

Call us for help around the yard

If you are a senior and you are looking for a student to help do yard work or odd jobs this summer please contact InformationCentre@bayseniors.ca or call 902-820-3334.

Sing for your lunch in September

The Social Committee has booked the YGS (You Gotta Sing) Choir for our September 18th meeting when we will also be organizing a potluck lunch. Enjoy your summer around the Bay with family and friends.



'Aging in place' and dementia plan are priorities for province

What's our province doing for seniors? That was the theme of our speaker meeting with Faisal Nanji, acting CEO at the NS Department of Seniors.

Mr Nanji talked about some of the government's priorities, including creating a dementia strategy and helping seniors stay in their own homes and their own communities as long as possible.

He also talked about some of the problems - finding caregivers to help seniors in their own homes, and making sure seniors have accessible transportation.

Mr Nanji outlined some of the government programs to help seniors and their families, and gave tips on how to find people who can provide help. He pointed out that seniors can dial 211 for information or support services.

Copies of [Positive Aging](#), the province's latest directory of services and resources for seniors, were distributed at the meeting.



Faisal Nanji is thanked by Association President Doug Poulton.

In the top picture, Mr Nanji tells a packed meeting about provincial services for seniors.

FUTURE EVENTS

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

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.

Newsletter is taking a summer break

We hope you are finding the Seniors Association newsletters informative and helpful. Thank you for your responses, views and suggestions. Your feedback is appreciated and helps guide the newsletter's content. The newsletter is taking the summer off. It will return shortly after Labour Day in September. Until then, we wish everyone around the Bay a great summer.

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.