



Will you know when it's time to hang up the car keys?

For seniors, the decision to stop driving can be difficult. For family members, initiating a conversation about the need to hang up the keys can be stressful.

But often it's a decision that has to be made, for the safety of the senior and the welfare of other road users.

The question of 'when to hang up the keys' prompted a lively discussion when the RCMP and Safety Services Nova Scotia joined forces for our January speaker series meeting at Shining Waters Marina.

Michael Tops, from Safety Services NS, explained how the [DriveABLE](#) program helps objectively assess when a medically at-risk driver should stop driving, either temporarily or permanently.

The DriveABLE program has a handy chart that helps assess the factors that could lead to a decision to stop driving. It looks at age, judgement and decision making, medical and cognitive factors and the

effects of medications.

Regarding the inevitable concern about loss of identity and independence, Mr Tops said a person could ask for a licence suspension, rather than a complete loss of licence.

In most provinces the family doctor is legally required to report a patient who may be a medically at-risk driver; however this is not the case in Nova Scotia.

This leaves the family doctor, the patient and close family with a dilemma of knowing whether the patient is able to continue driving.

The DriveABLE Cognitive Assessment Test ([DCAT](#)) costs

\$400. It turns what can be an emotional and subjective conversation into an objective independent assessment.

Mr Tops was joined by Jim Shields, who is with RCMP Traffic Services.

Since it was the January meeting, Jim focused on sharing some tips on winter driving.

He talked about coping with black ice, summer versus winter tires, and the benefits of a bag of kitty litter.

[Click here](#) for the RCMP's top ten winter driving tips.

If you are looking for more advice, [click here](#) for the province's tips for safe winter driving.



Mike Tops (left) and Jim Shields prompted lively questions about winter driving and 'when to hang up the keys'

Would you like to help build a boat?

A few of our members are keenly interested in building a small boat together (maybe more than one).

David Waters would like to hear from anyone who wants to share in a small boat building adventure. David has been in touch with the folks at the Maritime Museum in Halifax who have skills, plans and experience to offer.

The boat builders are looking for a garage space where they can work and leave their materials from one day to the next.

If you would like to hear more or try your hand at an historical skill call David at 902-476-9369.

It's a great chance to learn new skills, meet new people, and have some fun.

Volunteers vital to treasure chest success

The Seniors Association thanks the many members and friends who volunteer their time and energy to help organize and carry out the weekly [Bay Treasure Chest](#) draws.

The following people help perform the Seniors Association draw every 6th Wednesday: Bob and Anne Angus, Kevin Ball, Barb Bauld, Ed Bottrell, Beverly Carlsen, Heather Cochrane, Betty and Fred Dolbel, René Lavoie, Donna McInnis, John McKee, Peter Lund, Maureen Murphy, Eleanor Odegard, Doug and Sandra Poulton, Melan and Theresa Sapp, Clyde Spicer, and Loretta Walker.

Other Seniors Association members - too many to name - help the other [Bay Treasure partners](#) carry out their weekly draws.

FUTURE EVENTS

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

Wednesday, February 11 - at the PC Cooking School in the Tantallon Atlantic Superstore, 12-1pm. The store dietitian will demonstrate cooking healthy meals for one, downsizing healthy meals for senior couples and generally getting out of the eating rut. There is a limit of 20, so register before February 9th at

social@bayseniors.ca

Thursday, February 19 - 2pm, Shining Waters: a light-hearted skit by actors with the Community Links [Seniors and Gambling Project](#).

Thursday, March 19 - 2pm Shining Waters: a speaker from [Elderdog](#) Canada will tell us how that non-profit organization can help seniors and their dogs. This will be followed by the Annual General Meeting.

Are you ready to step up to leadership?

If you want to improve your leadership skills check the new [Step Up to Leadership](#) program being offered at Tantallon Public Library.

It's a great opportunity for anyone who wants to play an active role in community organizations. The program is free and open to anyone, but commitment to the whole course is required. Contact Darren Hirtle at 902-869-4756 to register or for more information.

The program runs for 10 weeks, starting March 5th. It takes place on Thursdays, between noon and 2.30 pm.

Plan to connect Bay communities proving popular

The new Connecting Communities initiative in the Bay area is already proving its worth. The most tangible sign of that so far is the [Community Calendar](#). This handy tool is a great way to advise about, or to find out about, events in the area.

Connecting Communities is an initiative that arose from the Seniors Association's 'Building Community' conference and has financial support from the Association.

More than 20 not-for-profit and service organizations, churches and social groups have signed up to be members of [CC-Net](#) and are making use of the calendar.

The team behind this initiative would like to hear particularly from social groups and recreation clubs. If you know of someone who represents or is a member of such a group, please ask them to contact info@cc-net.org

CC-Net's objectives are to connect services and organizations, identify resources, encourage cooperation and collaboration, and generally to promote awareness of "what a great place we live in."

Get fit without leaving your kitchen

How would you like to get fit without leaving your kitchen? You can, with eight easy exercises designed by physiotherapists specially for seniors.

[Click here](#) for more information and a video that shows just how easy it can be to stay nimble.

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 the Pharmasave, at the Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.