



Are you ready to help shape the future for seniors?

If you are reading this, the chances are that you are retired. Or at least thinking of retiring. So here's the question: what are you doing with the skills you built up during your working life? What are you doing with the perspective you have now, as a retired or soon-to-be-retired person?

Are you using those skills, and that perspective, to shape your life in retirement? To shape your community? Or are you sitting back, accepting the services and the environment that others think you need?

Today's decision-makers are educated and well intentioned. From where they sit, and with their life experiences, they do their best for seniors.

But that perspective, and those experiences, don't always fit neatly with the needs and the perspective of Seniors.

We're not saying 'seniors know best' what seniors need. But we are saying that seniors are the ones who most intimately, and sometimes most painfully,

know what life is really like after retirement.

So the next question is - are we seniors expressing our unique perspective in an effective way?

Are we tapping into our skills and experiences to help shape a St Margaret's Bay community that works well for all ages?

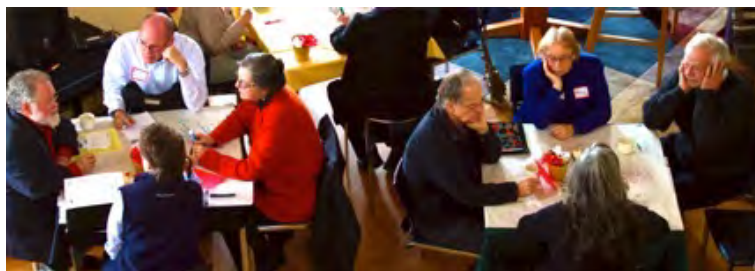
With the wave of baby boomers coming into their 'golden age', we have a golden opportunity to use the experiences and life skills of seniors to shape our community.

The starting point is to find our

voice, collectively, and make sure that voice is heard in those places where critical decisions are being taken: decisions about housing and health, support, accessibility and transportation.

You can do that through the Seniors Association of St Margaret's Bay. We'd love to see you at our meetings. We'd love to hear from you.

[Email us](#) or better still pop into Shining Waters Marina on Thursday, March 19 (2 p.m.) and meet our members and volunteers.



Community involvement in action: What do you get when the people of St Margaret's Bay work together (above)? You get [ONE SMB](#), a creative look at Our New Economy of St Margaret's Bay. Bob Ziegler, in his introduction to the report, said: "We are entering times when sitting back and expecting others to take care of things is no longer an option. We are the ones we have been waiting for." Today we invite you to [read the report](#) and join the discussion. A starting point would be to come to our AGM at Shining Waters Marina on March 19 (see P2).

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 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.

FUTURE EVENTS

Monthly meetings are open to anyone, and they are free. This month, come along to the AGM and help shape the future.

Thursday, March 19 - at Shining Waters Marina:

ElderDog

2:00 p.m. A representative from [ElderDog Canada](#) will tell us how that non-profit organisation can help seniors and their dogs. A dog may come along to help.

Annual General Meeting

The 2015 Annual General Meeting of the Members of the Seniors Association of St. Margaret's Bay will be held immediately following our regular 2 p.m. monthly meeting.

Come and hear what your [Association](#) has done over the past year. Review financial results. Participate in the nomination and election of Directors for the coming year.

And most importantly contribute your views and opinions about what is important to you, and what you would like the Association to do for you.



Actors use sketch for a serious purpose

Our February meeting featured a skit by actors from [NS Community Links](#) highlighting a potentially serious problem: seniors and gambling. Volunteer actors (top) show how friends might approach someone with a gambling problem. About 180,000 Nova Scotians report that they know someone who is experiencing harm from gambling. The lower picture shows some of the audience.

Cartoon by Elvira Gonnella



We are a resource: please use us - and tell your friends

Looking for homecare help - or someone to repair your home - or information about government rebates?

Our volunteers help make the [Seniors Information Centre](#) a 'go to' resource for local seniors and their families.

The [Local Services Directory](#) on our website

www.bayseniors.ca helps seniors find local providers of goods and services.

Call us on 902-820-3334 or visit the [Information Centre](#) Tuesdays and Thursdays from 10am until 2pm in the Doctors' Office beside the new Pharmasave store at 5181 St. Margaret's Bay Road.

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.