



IN THIS NEWSLETTER

Free help on health issues

Boat-builders look for fresh challenge

Don't miss tax rebates

Watch video of Treasure Chest draw

Get free advice on health care questions

As we get older, we seem to spend more and more time on health issues.

For many seniors, it can be frustrating trying to sort fact from fiction, and navigate the health care system.

So it's good to hear that Nova Scotia's [Community Health Teams](#) are expanding wellness programs and wellness navigation services in the St Margaret's Bay area.

Wellness navigator Melissa Perry and Christina MacDonald attended our October meeting.

They explained some of the many programs which offer helpful preventive health care. The programs include:

- Understanding pain
- Heart Healthy Living
- Food Fads - fact or fiction
- Building Better Sleep
- Being pre-diabetic

These sessions, and many



The boat the Bay built

Beverly Carlsen (middle) takes delivery of a hand-crafted boat from (left to right) builders David Barss, Brian Hoyt, Virginia Tucker and David Waters. David Waters is the person behind the project. He writes about it on P2 - and says more volunteers are needed to help build more boats.

more, are free. For a full list [click here](#) - or visit www.communityhealthteams.ca and click "Sign Up for Programs".

The [Seniors Information Centre](#) 902-820-3334 can help you find dates and locations for these wellness sessions.

And here's another service that can help you.

Why not get a [Personal Wellness Profile](#)? You complete a lifestyle survey, and have your cholesterol, blood sugar, blood pressure, body fat and waist measured.

You'll get a report that reviews your health in nine critical areas.

Call 902-460-4556 for more information and to register.

NEWSLETTERS BY MAIL?

Do you know a senior or neighbour who would like to receive the Seniors Association newsletters by mail each month? Please ask them to call 902-820-3334 and leave a message with their name, address and phone number.

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.

Don't miss out on tax rebate

The Nova Scotia [Property Tax Rebate Program](#) for Seniors provides a 50% rebate of your residential municipal property taxes, up to a maximum of \$800, if you meet these requirements:

- Received or were eligible to receive the GIS or The Allowance in January 2015.
- Still live in your home.
- Your 2014 Property Taxes are in your name or include your name and are paid in full.
- Your application is post- marked no later than December 31, 2015

Call toll free within Nova Scotia at 1-800-670-4357 or in Halifax Metro at 902-424-5200.

Volunteers at the [Seniors Information Centre](#) can assist you. See location and hours at the bottom of this page.

FUTURE EVENTS

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

Thursday, November 19 - 'Birds: Indicators of a Healthy Habitat', 2 pm Shining Waters Marina.

Suzanne Borkowski talks about what constitutes a healthy habitat, what birds can tell us about our environment, and how to make our properties more bird friendly.

FREE SEATED WORKOUTS

Looking for an easy workout to increase strength and flexibility and enhance your daily life? (Suitable for those with mobility challenges).

Call Tantallon Pharmasave (902 826-2161) and ask about the free 30 minute [seated morning workouts](#) starting Nov.12 for 4 weeks.



WE NEED A COMMUNICATOR

The Seniors Association has a vacancy for a [Communications Coordinator](#). It's a contract position for 20 hours a month. We'd like to hear from you if you have:

- Knowledge of Bay area issues;
- Skill with emails, surveys;
- Experience developing content for, editing, and publishing newsletters;
- Above average interpersonal skills;
- Demonstrated team building and writing skills;
- Proficiency with Microsoft Office, Adobe Acrobat, and E-mail software.

For more details or to submit your résumé please email info@bayseniors.ca

Ever wonder how volunteers conduct the weekly Bay Treasure Chest Draw? Watch this 2 minute video www.youtube.com/watch?v=9XDRf25RGvs. The Seniors Association uses its share of the proceeds to benefit seniors in St Margaret's Bay.

Help needed for more boat projects

By David Waters

Beverly Carlson required a boat. She offered to provide materials and the facility.

A group was formed and a professional plan was purchased from The Wooden Boat Store. We built a bench and steam box for working and bending wood.

Starting in May 2015, we met two mornings a week to work on the boat.

(Our picture shows, from left, David Waters, Virginia Tucker, David Bars and Brian Hoyt).

Through the process of building the boat, the group became very involved and have become good friends.

We have plans for the future. We plan to make a bed and at least one more boat. But to do so we require more volunteers and a place to work.

NOTE: David Waters now has a set of plans for a Norwegian Pram. If you are interested in helping, call 902 820 3334 (leave message).

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.