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Why do our meds cost so much money?

Why do Canadians pay ten times as much for a commonly-prescribed cholesterol medication as people using the same drug in New Zealand?

How smart are we when it comes to talking with our family doctor to reduce our drug bill?

These are just a couple of the provocative questions posed by Dr Philip Welch when he talked to Seniors Association members about the need for a national pharmacare programme in Canada.

Dr Welch, an internationally-famous geneticist and a member of the Association, said a national system similar to one in the UK would save \$14 billion a year and provide better drugs for patients.

Dr Welch had compared drug costs around the world. In
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Inaugural excursion 'big success'

The Seniors Association's first excursion has been rated a huge success.

First stop was Canada's Museum of Immigration at Pier 21 (above and left). Marie Chapman, Pier 21's CEO, welcomed the visitors and led a tour of the museum.

From Pier 21, the group strolled to Seaport Farmers' Market for lunch.

The afternoon was spent at the new Halifax Central Library.

Bay Expo: May 14
 Fun for all. More in Future Events (Page 2).
 Be a helper. See Page 2
 Check [Facebook](#)

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.

FUTURE EVENTS

Saturday, May 14 - Bay Expo 2016. 11-3 at Giant Steps Children's Centre, 15 French Village Station Rd., Upper Tantallon. Showcase of local businesses, non-profits, crafters, plus silent auction, second hand book sale, yoga and Tai Chi demos, woodworking, cafe with musician, bouncy castle, arts & crafts, and games. A child car seat safety inspection clinic is new this year. Admission free.

Wednesday, May 18-June 8 - Craving Change (4 Week Program). 1-3 pm at the St. Margaret's Centre, Tantallon. Discover why you eat the way you do and find out how to change your thinking and your eating. Free. Call to register (902) 460-4560 ext. 2

Thursday, May 19 - Old St Margaret's Bay. 2-4pm at Shining Waters Marina. Gary Meade will share stories of St. Margaret's Bay's past. Bring stories and photos to share.

Thursday, May 26 - Living with Stress: Skills for Life. 7-9 pm, Tantallon Library. Explore stress management techniques. Free. Call to register (902) 460-4560 ext. 2

Thursday, June 23 - BBQ and Potluck Party. 1 pm at Shining Waters Marina. Hamburgers will be provided. Members are encouraged to bring a salad or dessert to share – but don't let that stop you. We'll be naming and launching the boat built by the Seniors' Woodworking Group.



Chantal joins our team

Chantal Pelham-Edwards (above) is taking over the communications role at the Seniors Association from Julie Stover. Chantal lives in Glen Haven.

Julie is not going far away. She will be the new manager at BayRides www.bayrides.ca, info@bayrides.ca or (902)820-6600.

Drug costs queried

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Canada, he told the meeting, the frequently-prescribed statin Lipitor costs \$811 for a year's supply. The generic equivalent costs \$140. In New Zealand, by contrast, a 12 month supply of the brand name Lipitor costs just \$15. Dr Welch suggested that members of the Seniors Association contact provincial and federal politicians to lobby for a national pharmacare programme.

Help needed for Bay Expo

Can you help make Bay Expo 2016 even more of a success? We are looking for books for our second hand book sale, or a new item for the silent auction. How about helping on the day (May 14)? An hour or two of your time would be helpful from setup to cleanup, supervision of the silent auction, staffing the Association table, and helping with parking. Some setup can be done on Friday evening. If you are able to help out call the information centre (902) 820-3334 or email: Beverly.carlsen@yahoo.ca

Whaling through the ages

The history of whaling around the coast of Canada was the topic of our April meeting. Biologist Dr. Brenna McLeod (Fraiser) talked about 16th century whaling in the Strait of Belle Isle and how that may have impacted current whale populations.

Help Wanted

Bay Treasure Chest - looking for individuals interested in joining the Seniors Counting Team: need to be available Wednesday afternoons 1-4.30 pm about once a month. Contact the information centre (902 820-3334).

BayRides is looking for Volunteer Drivers. Contact info@bayrides.ca or call (902) 820-6600.

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.