



IN THIS NEWSLETTER

More news in new-look newsletter

Do our shopping habits harm dolphins?

Special focus on Bay Grandmothers

New wellness support for Bay area seniors

We're getting bigger... just like the Bay community

Your newsletter fills four pages today. We're getting bigger, because our community is growing. And we need more space to keep you up-to-date with all the great events and opportunities around St Margaret's Bay.

Our new features include:

Upcoming Events – as many relevant and timely events as space allows.

CC-Net update and member profile – [Connecting Communities](#) (CC-Net) is a network for local volunteer and not-for-profit organizations, giving them space and opportunities to connect and collaborate with each other, and to promote their events, activities and programs.



Sandy Larsen, her daughter and granddaughter model outfits at the Bay Grandmothers' fashion show. We profile the Bay Grandmothers on Page 3.

We will provide an update on CC-Net and profile a member each month. We start, on Page 3, with the Bay Grandmothers.

Member Contribution – a chance for you to submit something... a news item, a poem, or anything else you would like to share. Send us your submissions by the 18th of the month. We can't promise to publish everything we receive, but we'll try our best.

News from our partners

– SASMB enjoys working with partner organizations to make our community a great place to live, work and play. You can read about a new Wellness partnership on Page 4. We will keep you up-to-date with other news from our partners.

We hope you like this new format and welcome any comments or suggestions, which can be sent to chantal@bayseniors.ca.

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.

Make your next shopping trip a little easier

Have you tried the Seniors' Grocery Shopping Bus yet? It's a free service to seniors every Tuesday.

The bus picks-up participants at their home and will deliver them back home after they have done their shopping.

The bus will alternate between Sobeys and Superstore.

There are assistants at the grocery stores for those who would benefit from extra help.

The shopping bus initiative is a partnership between Bay Rides and the Seniors Association of St Margaret's Bay.

To book a ride call the Seniors Info Centre at (902) 820-3334.

Please tell us how we can help you

We want to make sure all members know about the programmes and activities of the Seniors Association.

We are conducting a survey to help us understand how you would like to hear information.

[Click here](#) to complete the survey. You can also pick up a survey at the Info Centre, or arrange to complete the survey over the phone by calling the Info Centre (902-820-3334). The survey will be open until December 15. We will report on the results in the January newsletter.



Monthly Meeting

Why our shopping habits may be harming dolphins

Are the shopping habits of people in Nova Scotia threatening the existence of dolphins around the world?

That was the provocative question posed at our October meeting by renowned marine biologist Dr. Timothy Frasier (above and right).

Dr Frasier, from St. Mary's University, called his presentation 'Dolphin Conservation in Asia, Why it's Our Problem Too'.

He talked about the plight of dolphins, and other sea creatures, in areas of Asia which are experiencing increasing economic growth, but without environmental regulations or enforcement.

Dr. Frasier's message helped the audience understand that what we buy here in Nova Scotia may have a negative impact on the environment in all parts of the world - particularly our purchases of plastic items.

He urged us to consider how the products we purchase are made, and where they are coming from.



Have you had a flu shot yet?

It's the time of year to ask your doctor about getting a flu shot. Your family doctor and local drug stores will be providing flu shots, or, make sure you join us for the November SASMB meeting and you can get your flu shot right there. See our Upcoming Events on Page 4 for more information.

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.

Connecting Communities

CC-Net: your guide to events around the Bay

Connecting Communities (CC-Net) has a four-fold mission:

- To connect services and organizations;
- To communicate the strengths and resources available in our communities;
- To provide opportunities for cooperation and collaboration;
- To promote awareness of what a great place we live in.

With 36 member organizations, CC-Net represents most community organizations in the St. Margaret's Bay area.

There are two audiences for CC-Net: one is the member organizations, and the other is the public who use the site to learn about events and activities.

The [CC-Net website](#) has three main areas:

[The Community Calendar](#) is the one-stop-shop to learn about events. It's where members post information and where users can see everything that is happening.

[The Community Bulletin Board](#) is a space for members to promote their needs to the community, such as looking for volunteers or paid assistance.

[The Community Search Tool](#) links back to the SASMB website and the Local Service Directory.

CC-Net is also on [Facebook](#).



Music, fashion shows... some of the faces of the Bay Grandmothers

CC-Net: Member Profile

Bay Grandmothers... friends having fun helping others

Bay Grandmothers provides an opportunity for women to meet, form friendships and have fun, while raising awareness and funds for grassroots projects in sub-Saharan Africa.

These projects benefit grandmothers and the many children in their care who have been orphaned by the HIV-AIDS pandemic.

The local group is part of a national movement under the [Stephen Lewis Foundation](#).

Bay Grandmothers hosts a number of fundraisers throughout the year (details which can be found on www.cc-net.org). The group recently held a Fashion Show and will be hosting their

November fundraiser, the Sunset Gong Sound Immersion, on November 26 at 4 pm at Shining Waters Marina. It's a remarkable opportunity to be immersed in the healing vibrations of voice, giant gongs and Tibetan singing bowls. Please bring a yoga mat and/or blanket and pillow. Tickets are \$30 and available at Redmonds Hardware, or you can reserve by calling (902) 826-7304, or email gailkelly@eastlink.ca.

The Bay Grandmothers meet on the second Tuesday of most months at St. Luke's Church Hall. You don't need to be a grandmother to join. Contact [Debbie Blackadar](#) for more information.

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Upcoming Events

Fighting back against winter colds and flu

Flu clinic and advice on colds: Thursday, November 17, 2pm at Shining Waters. Jennifer Bell, Atlantic Superstore pharmacist, will talk about cold and flu season. She will discuss remedies and potential drug interactions. There will be a free flu shot clinic. Bring your Health Card.

Holiday Gathering:

Thursday, December 8, 2pm at Shining Waters. Seasonal music by Cardinal Points. Bring your favourite sweet to share with the group.

Tax rebate could save you up to \$800

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

- Received, or were eligible to receive, the GIS or the allowance in January 2016;
- Still live in your home;
- Your 2015 property taxes are in your name, or include your name, and are paid in full;
- The application is post-marked no later than December 31, 2016.

Call 1-800-670-4357 (toll free) or (902) 424-5200 for more info, or contact our [Information Centre](#).

Health and Wellness

Seniors Association partnership offers new health and wellness service

The Seniors Association Information Centre, in partnership with our local Community Health Team, is pleased to offer an increased level of wellness services to seniors and residents of St. Margaret's Bay.

If you are concerned about a health condition, or looking for advice about caring for a loved-one, you can receive free one-one consulting with a health care professional.

Having easy access to reliable resources is a key element of maintaining wellness. Through this new partnership between SASMB and the Community Health Team you'll get access to Wellness Navigators who can answer any of your questions. Call 902-460-4560 ext. 2 for more information.

Community
Health Teams

Wellness Navigation at the Seniors Information Centre in St. Margaret's Bay

What is Wellness Navigation?

- Do you need help to find resources?
- Are you struggling with your money, housing, health, or mental health and don't know where to go?
- Do you have concerns about your ability to care for a family member?
- Do you want to join a group or feel more connected to your community?

Navigation can help with those questions. Our wellness is affected by all kinds of things. When we have access to resources we are more likely to be well.

Wellness Navigators can support you to find the right services to help. Wellness Navigators are health care professionals who know health, community and government systems. We work with adults, children, youth and families. We offer navigation services over the phone, by meeting you at a convenient public location, or at the Community Health Team office.

Call 902-460-4560 extension 2 to book an appointment
Please have your health card ready when you call.



www.communityhealthteams.ca • 902-460-4560



Seniors Association of St. Margaret's Bay



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