



IN THIS NEWSLETTER

A full page of pictures from our holiday party

Tips to keep you safe on icy sidewalks

Have your say about wellness programs

Why you will soon find us on Facebook

Tips to prevent you slipping into trouble on icy streets

Taking a walk down a snowy path is a wonderful way to enjoy the beauty of the winter, and stay fit during colder months.

But Nova Scotia's winter weather can present challenges for walkers.

Falls are the leading cause of injury among older Canadians.

Almost 30% of seniors experience at least one fall each year. Falls are the cause of 85% of seniors' injury-related hospitalizations.

With weeks of ice, snow and slush ahead of us, here are some tips to help keep you safe and upright, no matter what winter throws at us:

- Choose a pair of good winter boots. (We have some great tips



Our Holiday Party on December 8 was a great success, with one of the largest turnouts to a Seniors' Association event. Seasonal entertainment was provided by Cardinal Points. On page 2 we have more pictures from the event.

about that on Page 3)

- Ice grippers on your footwear can be helpful, but can become dangerous on smooth surfaces such as stone, tile and ceramic. Find a seat to remove your grippers before walking on a smooth surface.

- A cane, or a pair of ski poles, may help give you balance. Canes may benefit from a retractable ice pick at the end, which are available

at most drug stores.

- A hip protector can guard against fractures and may provide added confidence.
- Remove ice or snow from entrances and walk-ways.
- Carry a small bag of sand or non-clumping cat litter with you to sprinkle on icy surfaces you come across during your day.

It's worth the effort: the average fall-related hospital stay is 22 days.

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.



The sounds of the season, the tastes of the season, the spirit of the season. Our pictures capture some of the magic of our Holiday Party. As well as enjoying themselves, members were able to support the St. Margaret's Bay Food Bank by making gift tags out of old Christmas cards. The gift tags were used during the Food Bank's 'Green Christmas' event, which encouraged people to find affordable gifts for their loved ones.



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.

Upcoming Events

Dispelling myths about a common ailment

January meeting - 'Managing Osteoarthritis and Mobility: What you can do'. Dr. Derek Rutherford from the Dalhousie School of Physiotherapy will dispel common myths about osteoarthritis and physical activity. The event will include an informal discussion with graduate students from the Joint Action Research Laboratory. The talk is on Thursday, January 19 at 2 pm at Shining Waters Marina.

Aerobics will resume on Wednesdays and Fridays starting on January 4th.

Tai chi will resume on Monday January 9th. Please confirm your attendance by emailing taichi@bayseniors.ca

All classes will be held at 10 am at the Bay Community Centre, 11 Station Road.

Bus makes shopping easy

Have you tried the Seniors' Grocery Shopping Bus? It is available every Tuesday morning and alternates between Superstore and Sobeys. You get picked up at home and driven to the store where volunteers are available to help with the shopping. Book a ride at shoppingbus@bayseniors.ca or the Seniors Information Centre at (902) 820-3334.

Pick winter shoes that will keep you out of the doctor's office

Choosing the right winter boots can mean the difference between enjoying winter fun, or a slip and a trip to the doctor. A few key tips will help you choose the right winter boots:

- Boots should be well-insulated to keep you warm
- Boots should be waterproof to guard against Nova Scotia's slushy winters
- The boots should have a thick, non-slip sole with a tread.
- The sole should be made of natural rubber, have a low, wide heel and be lightweight.

A study in Toronto tested several winter boots and found that two materials ranked the best for preventing falls on icy surfaces:

1. Green Diamond (a rubber sole with grit embedded in the material);
2. Arctic Grip (a smooth material that has tiny metal picks in it).

The researchers have developed a rating system, to show how well a boot will stand up to icy conditions. The 'snow flake' system is similar to a star system, with the highest rating being 3 snowflakes. To see how your boots ranked, or to ask that your brand of boot be tested, visit www.ratemytreads.com.



Safety tips from a penguin

If you have to walk on ice, the a tip from a penguin. The illustration above shows five great penguin tips.

The Canada Safety Council advises that you should make each step small, placing your whole foot down at once.

Then shift your weight very slowly to this foot and bring your other foot to meet it the same way. Some people prefer to drag their feet or shuffle them. If this feels better to you, then do so.

Just remember to place your whole foot on the ice at once and keep your base of support approximately one foot wide.

A handout packed with safety tips for winter walking is available from the Seniors Information Centre, telephone (902) 820-3334.

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.

Time to brush up on your driving skills?

The 55 Alive Driver Refresher Course will be held at Tantallon Sobeys on Wednesday, January 11, from 9.30 am to 3.30 pm.

The course has been designed by the Canada Safety Council. It is intended to keep older drivers mobile and safe. Among other things, it will help you:

- Improve your understanding of traffic laws and new technology;
- Anticipate the actions of other drivers;
- Identify and correct bad driving habits.

There are no exams and no risk of losing your licence by attending. The course is \$25 for anyone over 55 years, and is free for anyone 65 and up. To register, contact: judy.beaton@ns.sympatico.ca telephone (902) 826-9175 no later than January 5.

Your chance to shape wellness programs for Bay area seniors

The Chebucto Community Health Team has partnered with the Seniors' Association to discover what types of health and wellness programs are needed in the Bay area. The survey will be used to prioritize future programs. The survey will be open until January 30. You can take part at: <https://survey.nshealth.ca/TakeSurvey.aspx?SurveyID=96235516>.

Updates on communications and housing surveys

Facebook, Masthead News and calendar: how we are responding to your survey comments

We had some great responses to our recent communications survey. Thanks to everyone who participated. Here are some of the results:

- Most members learn about news, events and activities through our monthly newsletter and the Masthead;
- Some members would like to see Facebook as another way of keeping up to date;
- Our website is still a great way to stay current on activities and news.

What do the results mean? We'll keep using our newsletter and emails as our main means of communicating with members.

We'll also work hard to ensure that we have an article in each issue of the Masthead, and don't forget about our monthly calendar ad which will feature our events and activities.

Finally, we will be introducing a Facebook page and you will all be invited to join it.

Update on the work of our Housing Committee

The Seniors' Association was founded with the idea of ensuring that there would be housing and support available for retirees in the St. Margaret's Bay area. Much work and research has been done and for the past few months our primary focus has been on available properties, developers and concept planning. In addition, we've recently meshed our planning efforts with the sustainable multi-generational efforts that are underway (inspired by the Ivany Report and led by John McKee).

Many thanks to everyone who completed our housing survey; the response was wonderful. Our goal for 2017 is action. We are always open to ideas, information and your participation in this exciting initiative. Contact Carol Evans at cevens@bellaliant.net.

Share your ideas and opinions with other seniors

We're always happy to hear from you! Is there something you would like to share with SASMB members? Send your submissions to chantal@bayseniors.ca.

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.