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‘Neighbours network’ plan gets wide support



‘Neighbours helping neighbours’ is a new initiative from the Seniors Association - and it’s already gathering support. At its heart is the concept of shaping a community where everyone feels at home, accepted and supported.

The initiative was rolled out at a panel discussion at Shining Waters Marina on September 17. The panel consisted of Janet Harrison from the [Tantallon Library](#), Dayle Eschelby from the [Silver Economy Engagement Network](#), Cathy Leslie from the [Community Health Board](#) and Leslie Taylor from the [Mahone Bay Centre](#).

The four presenters were introduced by Kathy Gamache, from the [Aspotogan Heritage Trust](#).

The discussions focused on

four major themes:

1. better resources, amenities and services
2. ways for information to be shared with those who would not otherwise get it
3. recruiting contact people for those who are not connected in case of emergency
4. connecting with people who are socially isolated.

Possible initiatives included helping seniors stay in their own homes, setting up ‘telephone neighbours’ who can check on the needs of seniors, and providing opportunities for social interaction.

The emphasis would be on reaching out to people who are home-bound or don’t get out much, making sure they are aware of community events, encouraged to socialize, and know where to turn for help in an emergency.



Kathy Gamache (above) highlights key initiatives from the ‘Neighbours helping neighbours’ meeting. The top picture shows the four panel members and part of the audience. There’s another picture on page 2.

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.

Chance to quiz candidates on seniors' issues

Are you still wondering who to vote for in the federal election? Here's a great chance to get answers on key issues facing seniors. The Seniors Association is hosting a Candidates' Forum at the Shining Waters Marina in Tantallon on Wednesday October 7. Doors open at 6.30 pm and the forum starts at 7pm.

The candidates are Richard Clark (Progressive Conservative), Bernadette Jordan (Liberal), Alex Godbold (NDP), Richard Biggar (Green Party).

The candidates will be given five minutes to introduce themselves.

After that, we'll pose a series of questions relevant to seniors. Each candidate will have a maximum of five minutes to answer.

The first question will ask about maintaining or improving tax measures that help seniors, like mandatory RRSP conversion from age 69 - 71, pension splitting, and a reduced mandatory withdrawal rate from Retirement Income Funds (RIFs).

The second question asks if candidates would support eliminating mandatory withdrawals from RIFs, leaving seniors free to decide when to use their retirement savings.

The third question asks if the candidates would support a law preventing any employer clawing back benefits after an employee has retired.

The discussion will be moderated by Doug Poulton. At the end of the evening there'll be a chance for audience members to meet the candidates.



Another picture from our panel discussion 'Neighbours helping neighbours'. Our picture shows, from left, panel members Leslie Taylor, Cathy Leslie, Dayle Eschelby and Janet Harrison, with moderator Kathy Gamache.

Are you ready to cast your vote?

Election day is Monday Oct. 19, 2015. Elections Canada has provided help about [Voter Registration and Identification](#) required at the voting poll.

You can find a lot of useful election-related information on our [website](#).

Library offers high-tech coaching

Wondering how to use Skype or Facebook? Want to learn more features on your smartphone or computer?

Janet Harrison at the Tantallon public library can get you started. Phone the library at 902-826 3330, leave your contact information and tell them what you need to learn, and when.

FUTURE EVENTS

Monthly meetings are open to anyone, and they are free.

Thursday, October 15 - Health Care for Seniors, 2 pm Shining Waters Marina.

Ashley Hartnett from NS Health will talk about Community Health Teams' programs and services. Come and voice your concerns and experiences about affordability, access, and quality of care.

Still time to help with housing project

The St. Margaret's Bay Sustainable Housing Group's initiative towards sustainable and affordable housing is about to take another step forward.

Our next meeting is October 14, when working groups will gather at the Tantallon Library to work on a Needs Analysis, Land Availability and Zoning, Housing and Neighbourhood Design, Finance and Project Management.

[Click here](#) for the project's Objectives.

We invite YOU to help. Find out more at www.bayhousing.ca. Then volunteer by contacting info@bayhousing.ca or calling (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.