



IN THIS NEWSLETTER

Gardening tops survey of favourite hobbies

Green burial debate proves popular

Chance to celebrate local volunteers

Free workshops on health and wellness

Survey ranks gardening, walking as top hobbies

A big 'thank you' to everyone who responded to our survey last month.

We asked you to complete a short questionnaire, answering questions about your hobbies and interests.

The results are in. And the headline is that seniors around St Margaret's Bay like to be outdoors and they like to keep active.

Top of the list of favourite activities was gardening, the number one choice of 56% of respondents.

Second, and maintaining the outdoor activity theme, was walking, hiking or Nordic walking (45%).

Perhaps needing a breather from the gardening and



walking, there was a tie for third place between cooking and reading (both 41%).

The survey showed a real breadth of support for a range of activities and hobbies. A third of all respondents expressed an interest in group travel, art, meditation, biking and yoga.

Traditional crafts like

knitting and crochet were close behind on 30%.

Thank you for taking the time to participate in the survey.

The results will help us refine the programming and activities offered by the Association.

The results are tabulated 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.

How you voted in survey about hobbies and activities

Here's the complete breakdown of your preferences for hobbies and activities, as recorded in our November survey.

Question #1 – Using the provided list, choose the activities that interest you:

Gardening	56%
Walking, hiking or Nordic walking	45%
Cooking	41%
Reading	41%
Group travel	38%
Art	36%
Meditation and mindfulness	36%
Biking	36%
Yoga	33%
Knitting, crochet etc	30%

Question #2 – Using the provided list, please identify which programs or initiatives interest you:

Seniors Association of St Margaret's Bay	74%
Bay Treasure Chest	67%
Lectures at the Library	59%
Fitness classes	38%
Bay Expo	30%

The final question asked respondents to provide their name and contact information and those who did will be contacted individually.

Thank you for your participation in the survey and we look forward to using the results to influence our programming.

Upcoming Events

Time change for Christmas party

Christmas Party – Thursday, December 13 at Shining Waters Marina (1pm).

PLEASE NOTE THE CHANGE IN TIME. The Christmas Party will begin at 1 pm on Thursday, December 13 as we will be hosting Member of Parliament Peter Kent, who is doing a national tour speaking to seniors about internet scams and fraud. Mr. Kent will join us for the first part of our Christmas Party.

Our regular Christmas Party program will begin after Mr. Kent's presentation. Cardinal Points and Friends will bring the sounds of the season and sing some classic festive tunes.

Please bring your favourite sweet treat to share with the group.

January meeting - eye care. Thursday, January 17 at Shining Waters Marina (2 pm).

Optometrist Dr. Tim Maillet will be joining us to give a presentation, and answer your questions, on eye health.

Info Centre takes a holiday break

The Seniors Info Centre will be closed between Christmas and New Year's and will reopen on Thursday, January 3, between 10 - 2 pm.

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email centre@bayseniors.ca telephone 902-820-3334. The centre is located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R9. It's open 10 - 2 on Tuesdays and Thursdays.

'It truly is dust to dust': our discussion on Green Burial draws a lot of interest

The topic of Green Burial at our November meeting generated a great discussion and a lot of questions. (Picture on Page 4)

We tried out a new format for the meeting, with four speakers presenting on the same topic, from varying points of view.

Ray Mattholie is a Director with the [Green Burial Society of Canada](#), and is helping to launch [Green Burial Nova Scotia](#).

Ray explained the green burial concept by simply saying, "the body is placed in the ground to decompose naturally, and contributes to the growth of new life. It is truly dust to dust."

Bodies are not embalmed (a process which inserts up to three gallons of formaldehyde) and a simple wooden, or even wicker, casket can be used.

A small number of cemeteries in Nova Scotia are accommodating green burials. A full list can be found on the [Green Burial Nova Scotia website](#).

Hannah Longard, a philosophy and biology student at Mount Allison University, is studying environmentally friendly funeral practices.

[Hannah](#) talked about green burial as giving people an opportunity to reclaim ownership of deathcare, rather than relying on others to dictate the process.

Hannah discussed the negative

FROM OUR QUESTION AND ANSWER SESSION

Are green burials a new idea? *We've had green burials for centuries. We're getting back to it.*

Do I have to use a funeral home? *There is no law about going through a funeral home. You do need to get documentation from Access Nova Scotia. You can conduct a home funeral, and hire whoever you choose to officiate.*

Are home burials allowed in Nova Scotia? *A home burial may be an option, depending on where you live and the zoning for your area. You must disclose that bodies are buried on the site if you sell the land.*

Can you provide information on caskets? *Caskets can be very expensive, up to \$10,000+. A New Brunswick company, Fiddlehead Caskets, has a build-your-own casket kit for \$900 + tax.*

environmental impact of some funeral and deathcare practices, and contrasted that with the minimal impact of natural, or green, burial.

"Natural burial not only prevents harm to the environment, but it enables a healthy ecosystem. It is about enabling healthy decomposition, rather than inhibiting it."

Michelle Malloy is a counselling therapist who has a special focus on supporting patients through periods of grief. Michelle suggested that open conversations about deathcare can enable joy to be part of the grieving process, as the details are taken care of before the person passes away.

There is no timeline on grief, she said, and no grieving process is the same as another. Michelle commented on green

burial as being part of a larger conversation regarding deathcare, which includes cultural, traditional and local nuances.

The Reverend Brianna Andrews stressed the importance of funeral planning for all families. Funeral planning was not just to support the person who has died, but was just as, if not more, important for family and friends left behind. Once you died, she reminded the audience, you no longer have jurisdiction over your body. So if you want something specific done upon your death, you need to make your wishes known. The Rev. Andrews surprised many people by saying that a body does not need to be whisked away immediately – it could be 2 or 3 days before it is taken out of the home – similar to practices familiar to earlier generations.

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Christmas Eve church services

This time of year offers a variety of religious and spiritual events and services in our area.

Here are some services taking place around our community on December 24.

Check the schedule of your local church to confirm times and details.

St. Luke's United Church: services at 4.30 pm (children's service), 6.30 and 10 pm.

Saint Marguerite Bourgeoys Catholic Church: 5 pm, 7 pm, 9 pm

(tickets required for 5 pm and 7 pm)

Anglican Parish of St. Luke's, Hubbards: 4 pm (children's service) and 8 pm.

Anglican Parish of French Village: 4pm at St. George's (family service), 8pm at St. James', 10pm at St. Margaret's

St. Andrew's: 4 pm (family service), 6.30 and 10 pm.

Chance to acknowledge community volunteers

There is still time to nominate a person, or a group, for the Halifax Regional Municipality Volunteer awards.

The deadline is December 17.

More information can be found at <https://www.halifax.ca/about-halifax/volunteering/volunteer-awards-halifax>



The panel for our discussion on Green Burials (see page 3). From left: Michelle Malloy, Ray Mattholie, The Rev. Brienna Andrews and Hannah Longard.

Tai Chi classes start again January 7

Don't be stuck inside this winter. Join us for some gentle physical fun. The winter session of Tai Chi begins on Monday January 7, from 10.30 am to noon at St Nicholas Church, Westwood Blvd.

The session will run for 10 weeks and the fee is \$25. Both new and returning participants need to register for this session by emailing fitness@bayseniors.ca by January 2.

Our aerobics classes continue on Wednesday and Friday mornings at the Community Centre, 11 Station Road, Head of SMB, with a short break for Christmas. Classes run from 10 - 11 am (\$2 per class).

Health team offers free workshops

The Chebucto Community Health Team offers free programming to help you feel your best. Workshops in our area include:

Understand Pain – Monday, January 14, 1.30 - 3.30 at the St. Margaret's Centre, Tantallon

Don't Hibernate, Participate – Wednesday, January 16, 10 am - 12 noon at the Tantallon Public Library

These programs are free, but registration is required. Call 902-460-4560 ex. 2 or www.communityhealthteams.ca.

If you like a book you'll love our new book club

If you are interested in joining the new Seniors Association Book Club, call 902-820-3334 or email us at neighbours@bayseniors.ca.

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