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How to stay healthy and safe through the winter

Winter provides a number of challenges we don't see at other times of the year. We've put together some tips aimed at preventing accidents and coping with some of the other issues that winter brings.

Avoid slipping on ice: wear shoes with good traction and non-skid soles, stay inside until roads and sidewalks are cleared and make sure to take off your shoes when you are indoors as the soles may slip on indoor flooring.

Dress for warmth: layers are your friend when you are going out for a wintery walk.

- A base layer (next to your skin) should wick moisture. Choose fabrics such as silk, or manmade fabrics such as Thinsulate.



There was a great attendance at the Seniors Association Holiday Party on December 7. The elves of our volunteer team (above) gave us a reading of 'Twas the Night Before Christmas. We have many more pictures on Page 3.

- An insulating layer will help keep you warm: choose wool, fleece or down.
- The final, and outer layer should be wind-proof and water-resistant (or water-proof if you are expecting rain).

Fight wintertime depression: cold days and dark nights can breed loneliness and isolation. Consider setting up a check-

in system with friends, family members or neighbours.

Get your car serviced: winter tires are a must. Keep an emergency kit in your car, in case you need to wait for help during a storm.

Eat a varied diet: Chebucto Community Health Team has a free session - How Healthy is your Plate? - at St Margaret's Centre, Jan 17, 9.30 - 11.30.

More winter tips: Page 4

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.



Volunteers make light work of Legion dinner

A big 'thank you' to all those volunteers who helped at the Seabright Legion Christmas Dinner.

Many hands truly make light work and the volunteer response was so strong that the Legion ran out of jobs for everyone.

The giving spirit is strong in our community and you can find more ways in which you can play a part by contacting the Seniors Association Volunteer Coordinator, Beverly Carlsen, at volunteer@bayseniors.ca, or contact 211.ca for more volunteering opportunities.

Share your thoughts

We're always happy to hear from you. Is there something you would like to share with SASMB members? Send your submission to chantal@bayseniors.ca and we'll do our best to include it in our newsletter.

We are fortunate to be able to host our monthly meetings at Shining Waters, and we appreciate the assistance we receive from Carolyn MacKay (above), Event Coordinator. She is always ready to help with a smile. Thank you Carolyn.

Upcoming Events

Health advice

Thursday, January 18, Shining Waters, 2pm.

At our January meeting local physician, Dr. Holly Zwicker, will discuss preventive care measures for seniors.

Aerobics and Tai Chi

TaiChi resumes on Monday, January 8. Classes are at 10 am for Beginners and 11 am for Level 2, at St Nicholas Church, Westwood Boulevard. Please confirm your attendance by emailing taichi@bayseniors.ca

Aerobics has resumed.

Sessions are on Wednesdays and Fridays, starting at 10 am, at the Bay Community Centre, 11 Station Road.

Our February meeting will hear from the Five Bridges Wilderness Heritage Trust and the Rails to Trails Association.

Are you interested in being a champion on issues affecting local seniors?

Please consider joining the

SENIORS ADVOCACY GROUP



Supported by the Seniors Association of St. Margaret's Bay

Contact centre@bayseniors.ca 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 centre@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.

Holiday Party Pictures

Relive some of the fun moments from the Seniors Association Holiday Party with these pictures from our photographer, Mike Maher.



Great food



Our volunteer elves



Music from Cardinal Points and Friends



Gardening tips from Claudy and Karen



Just having fun



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Are you really ready for the worst of winter?

Given the cold temperatures of the last few weeks, now is a good time to make sure that you, and your home, are prepared for weather-related emergencies.

The Nova Scotia Emergency Management Office ([EMO](#)) has a list of things to consider to ensure you are prepared:

Know the risks – listen to weather reports and heed warnings. Our coastal weather can change quickly so monitor radio stations, or weather websites.

Make a plan – a good plan can remind you where to find the things you need, and what you should do during an emergency. Things to include in your plan may be:

- A list of 3 people (and their contact information) who you can call on to help you. Let these people know that they are on your list and consider including someone outside of the region, as it's unlikely that they will be affected by the same storm.
- A note of where certain items are located in your home, such as fire extinguishers, main water valve, electrical box and gas shut-off.
- Information about your medications, or special instructions for taking care of pets.

Emergency Kit Essentials

Key contacts and numbers
Canned and dry foods
6 litres of water per person
First Aid supplies
List of prescription medicines
Flashlight
Charger for cell phone
Manual can opener
Pet care

Prepare an emergency kit – everything you need to keep you, and your family and pets healthy for at least 72 hours.

Check your kit twice a year and replace out of date items.

Stay safe on icy surfaces

Nova Scotia's winter weather can present challenges. Here are some tips to help you stay safe:

Choose a pair of good winter boots.

Ice grippers on your footwear can be helpful, but can become very slippery indoors on stone, tile and ceramic flooring.

A cane, or a pair of ski poles, may help give you balance.

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 to sprinkle on icy surfaces you come across during your day.



As we settle into the winter months, we thought it would be fun to do some summer dreaming. Please send us your pictures, or poems, which remind you of warm and sunny days. We'll do our best to publish them in the February edition of the newsletter. Submissions can be sent to chantal@bayseniors.ca. This photo shows Chantal's three year old daughter, Helen, putting the finishing touches to her sandcastle.

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