



IN THIS NEWSLETTER

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Tips to keep you safe through the winter weather

Sidewalks and roads have been treacherous this winter. Rain on top of snow on top of ice has made walking and driving difficult.

We've assembled some tips to keep you safe until the last of the ice and snow has gone.

Know the risks. Listen to weather reports and heed warnings.

Our coastal weather can change quickly so monitor your favourite radio station, or weather websites.

Have 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 to help you.



- A note of where certain items are located in your home, such as fire extinguishers, main water valve, electrical box and gas shut-off.

You may also want to include information about your medications, or special instructions for taking care of pets.

- An emergency kit, with everything you need to keep your family and pets healthy for at least 72 hours. Check your kit twice a year and replace out of date items.

Sounds of the season: Cardinal Sounds entertaining guests at our Christmas Party, More pictures on page 3.

Make sure you have enough gas in your car to get where you need to be, even if the gas station is closed.

Make sure your car is serviced and has good winter tires.

More information on emergency preparedness can be found at

www.novascotia.ca/emo.

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.

Six tips to prevent you slipping on icy winter sidewalks

Taking a walk down a snowy path is a wonderful way to enjoy the beauty of the winter, and stay fit during colder months. However, Nova Scotia's weather can present challenges with freezing rain, icy surfaces and hard-packed snow posing hazards to walkers. The tips below can help keep you safe:

- Choose a pair of good winter boots.
- Ice grippers on your footwear can be helpful, but must be removed as soon as you are indoors as they can become very slippery on stone, tile and ceramic flooring.
- 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.

ICE SAFETY: Do the Penguin Walk

Position center of gravity as directly over feet as possible

Move slowly to react to changes in grip and keep momentum at a minimum

Extend arms outward to maintain balance

Bend legs slightly and walk flat-footed

Point feet slightly outward



UPMC LIFE CHANGING MEDICINE
upmc.com/urgentcare

Upcoming Events

How healthy are your eyes?

January meeting – Thursday, January 17 at Shining Waters Marina (2pm).

The January meeting will feature Optometrist Dr. Tim Maillet who will answer all your questions regarding eye health.

February meeting - keeping seniors safe. Thursday, February 21 at Shining Waters Marina (2 pm).

The February meeting will be focused on all aspects of senior safety. Constable Sian Houston from the local RCMP detachment will talk about all aspects of staying safe.

March meeting - AGM/ ElderDog Canada. Thursday, March 21 at Shining Waters Marina (2 pm).

The March meeting will feature ElderDog Canada and some furry friends. This will also be the AGM. Watch for more information coming soon.

We'd love to hear what's on your mind

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 and we'll do our best to include them in our newsletter.

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.



Record attendance for Christmas Party

Our Christmas Party was the largest ever. Our thanks to all of those who joined us at Shining Waters for a wonderful afternoon of music, fun and friendship. Beverly and Elaine (below) kept us on track, and were in charge of the prize draw (bottom).



Thinking about trying something new this year?

The new year encourages us to think about what we want to achieve in the coming months. Here are a few ideas:

The Seniors College of Nova Scotia has more than 60 courses available to members. Classes are held in Halifax, Chester, Mahone Bay and Liverpool and Truro. More information can be found on their website <https://www.thescans.org>.

Free, or nearly-free, programs are available at local libraries. The Tantallon and Shatford libraries host a variety of workshops and programs from crafts to healthy living and discussions on timely topics.

A book club can be a great way to expand your horizons and meet new people. Consider joining our Seniors Association Book Club. Contact neighbour@bayseniors.ca to join the club, or find out more.

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MP shares tips on avoiding ID theft and scams on 'lawless' internet

Identity theft and online scams are very real threats to everyone. But seniors have been particular targets.

Our December meeting featured a talk about internet security, and what you can do to protect yourself and your private information.

Our guest was Peter Kent, MP for Thornhill, Ontario. Mr. Kent is touring the country meeting with seniors groups to talk about keeping information safe and secure.

Mr. Kent said there is a relative state of 'lawlessness' in Canada regarding internet security.

Other countries were doing marginally better in terms of regulations that protect citizens' private information, but Canada was playing catch-up.

The responsibility was on the user to protect their own data.

It was also important that internet users be critical of the information being presented to them.

"Social media programs such as Facebook, use the information you provide to develop an understanding of your likes and dislikes," said Mr. Kent.

"Their clients use this information to market their



products to you. So while Facebook is free, the price we pay is the provision of our information and preferences."

There are numerous scams where the scammers pretend to be from the Canada Revenue Agency, Nova Scotia Power, or a bank.

The message may say that your account is overdue and you need to pay them right away, or suffer consequences.

Scammers may also pose as a relative or friend and say they need your financial support to help them out of a tight spot.

It is important to always check the source of the message and ensure that it is legitimate before providing any information.

Aside from being vigilant, there are other ways that you can try to keep your information safe:

- Two-factor authentication (or multi-factor authentication) provides more security than just one password.
- Take the time to read the fine print before clicking "ok." You

MP Peter Kent talks with some of the attendees at our December meeting.

may be agreeing to more than you think.

- If you sell, or give away, your computer, make sure you reset the hard drive. Simply removing your files and deleting your web browser history does not guarantee that your information has been removed.

Seek assistance if you are unsure.

Don't hibernate this winter

The Chebucto Community Health Team is offering Don't Hibernate, Participate - strategies on how to keep up with your exercise routine during the colder months (please note that there will be no physical activity during the session). Wednesday, January 16 from 10 am - noon at the Tantallon Public Library. Call 902-460-4560 ex. 2 to register.

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