



Newsletter

Cookbook potluck is a big success

The Seniors Association successfully dispelled the notion that too many cooks are a bad thing. Twenty cooks joined forces to create a potluck lunch based on recipes from our new cookbook *A Matter Of Taste*.

The result was a triumph. More than 40 members and friends tucked into a variety of dishes, coordinated by Becky Weickert.

The cookbook fund-raising project, directed by Maryvonne Walsh and Joan Murray, has been a resounding success. More than 400 copies have been sold so far. That's more than 80 per cent of the first print run.



Just some of the dishes cooked up for the lunch at Shining Waters

Don't miss out on property tax breaks

Homeowners in HRM with a household income less than \$31,000 may be eligible for a property tax rebate or deferral of property taxes. The amount of rebate depends on household income and property taxes paid.

The Residential Property Tax Exemption Application form and a guide are available from HRM. You will need the Notice of Assessment from Canada Customs and Revenue Agency before completing your application.

The Residential Property Tax Deferral Program allows a homeowner to put off paying part or all of their property taxes due in the current year. If you want to defer your property tax you must apply each year and provide proof of income. The total amount deferred on a property cannot exceed 75% of the assessed value.

Deadline for applications is March 31, 2014.

Information about the rebate and application details are available online at www.halifax.ca/revenue/exemption/index.html Application

forms and information are also available from volunteers at the Seniors Information Centre.

The centre is next to Shoppers Drug Mart at the Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.

Talk To Us

Share your news, views and suggestions. Email us at info@bayseniors.ca or call 902.820.3334

St. Margaret's Bay Seniors Association is a not-for-profit registered society whose purpose is to provide housing and accommodation options and assistance for seniors, to represent the interests of seniors in the greater St. Margaret's Bay area, and to share in the development of wellness living for seniors in the area.

What's happening at the library?

By Elaine D. Murray, Branch Manager, Tantallon Public Library

Many people think of the Library as a place to find a good book to read or a movie to watch on a cold winter's night... a place to get a book on Thai cooking or fixing your lawn mower. But there is so much more happening at the Tantallon Public Library these days.

On Friday afternoons, you'll find seniors playing Bridge or Scrabble. On Thursday evenings women sit and chat while sharing their needlecraft talents.

Many Wednesday mornings, there's a chance to hear a lecture as retired university professors share their knowledge on a subject of interest.

Once a month, people gather to talk about a book they've read and to learn more about the author.

Each month, a variety of special programs are held at the library on topics like travel, health and wellness, genealogy and social issues. And there is a wonderful variety of musical presentations by local musicians. All the programs are free. (You may need to register for some if space is limited but most are open to all to drop in).

All the adult programs are listed on the Seniors Association website at www.bayseniors.ca/library.html

For more information drop in or call the Library at 826-3330. It is an opportunity to meet friends, new and old, and learn something new.

Membership renewal

Membership dues for 2014 are \$10 per person, or \$18 per couple - payable at any monthly meeting.

Housing in the Bay: join the debate

The mandate of the Association includes "to provide housing and accommodation options and assistance for seniors". This is the first of a series of articles outlining what we are doing, and where we are heading. Your opinion matters. Please join the discussion.

by René Lavoie, Director

Research shows that the principal fears of Seniors are:

- loss of independence
- having to go to a nursing home
- not being able to drive
- loss of family and friends

Seniors wish to stay in their homes as long as possible, to enjoy familiar surroundings and the companionship of long-time neighbours and friends.

As we age, a day will come when we may have to move to better-suited places to live. Then what?

A survey in 2009 came up with some tentative answers. Home owners who have lived in the area for many years showed a strong interest in a 'retirement community' - but were still thinking, or needed additional information. Most said that they were not ready to move for at least 5 years.

There is a strong preference to stay in the SMB area, preferably in a place with a view. The Crossroads area is perceived as a desirable location. The view of the sea is not that great, but it has groceries, hardware, banks, doctors, gas, vets, drug stores, restaurants etc. More services are coming.

With these thoughts in mind, the Association's main effort at present is to ensure that seniors and their housing needs are included in HRM's concept plan for Upper Tantallon at the Crossroads.

Please share your thoughts on this important topic. What would help you stay in the Bay as you age? Your input and feedback are welcome. Send your thoughts to info@bayseniors.ca

FUTURE EVENTS

February 20, 2pm, Shining Waters Marina: Jessica Scott will share energy savings tips from Efficiency NS.

Great advice on saving money, making homes more comfortable, and helping the environment.

March 20, 2pm, Shining Waters Marina: AGM and speaker.

Discussion on dementia.

Encourage your friends to join the association

If you know people who are over 50 or interested in working with seniors please share the benefits of joining the association:

- Have a say about your future
- Shape housing provision for seniors
- Meet and make friends
- Learn something new
- Share great resources
- Get active and involved
- Have fun while making a difference

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 820-3334. The centre is next to Shoppers Drug Mart, Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.