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Helpers needed for 'neighbours' initiative

The Seniors Association is gearing up for a big year. We have been busy planning new activities to meet the needs of seniors in our community, and to do what we can to make St. Margaret's Bay an even better place to live.

"The Bay Treasure Chest Community Fundraiser has created many new opportunities for our organization. We now have a budget for things we had only previously hoped to do," says President Doug Poulton.

One of the new initiatives is Neighbours helping Neighbours. The program will reach out to homebound seniors.

The Association is currently recruiting volunteers. If you would like to help, or know of someone who would benefit, please contact the Seniors Information Centre.

Another recent initiative, the Shingles Vaccine Program, has been a great success. The program provided financial assistance to members who receive the Guaranteed Income Supplement



Bay prepares to welcome refugees

"Be welcoming" was Allan King's simple answer when asked how people around St Margaret's Bay could help Syrian refugees fleeing the crisis in their homeland. For more on the Bay Refugee Project see page 2.

(GIS) and do not have a prescription drug plan.

The association is looking to expand the program to make it available to more members.

In addition to the regular monthly meetings and Tai Chi classes, a new low impact aerobics class has been started. The class is Friday mornings at the Bay Community Centre. A new feature this year will be excursions, with day trips to Annapolis Royal Historical Gardens, Pier 21, the new Halifax Central Library, and Hope for Wildlife.

Time to protect against pneumonia

With the onset of winter, this is a good time to consider a [pneumonia vaccination](#).

Pneumonia can strike quickly and in some cases with deadly results. The bacteria spreads from person to person.

Seniors over 65 and many other at-risk adults may receive the vaccine free.

Ask your health care provider for more details.

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 needed to support seniors

Are you looking for a way to play an active role in your community? The Seniors Association is looking for volunteers.

Contact the Information Centre or send us an [email](#). Here are some of the opportunities available:

Volunteer Coordinator

Support: assisting the volunteer coordinator. MS Excel knowledge would help, but is not essential.

Membership Support:

assisting with management of member contact information. Knowledge of MS Excel essential.

Senior Support Liaison:

coordinating with senior support and service organizations to keep informed of programs and services to support seniors.

Neighbours helping

Neighbours Coordinator:

initially, volunteers are needed to help develop an outreach and support program to serve homebound seniors in the community. Additional volunteers will be needed later.

BayRides Volunteer Drivers:

to drive clients to appointments in their personal vehicle. Volunteer drivers will be paid mileage. Contact Bay Rides directly: (902) 820-6600 or info@bayrides.ca

Looking for a low-impact workout?

A low-impact aerobics-style fitness class has started, and will run each Friday at 10 am. Classes will be held in the Bay Community Centre at 11 Station Rd., Head of St. Margaret's Bay. To register send an email to social@bayseniors.ca or call the Seniors Information Centre.



Allan King (left) is thanked by President Doug Poulton

Meeting hears about Syria crisis

Former history teacher Allan King's presentation on Syria featured a little history, personal anecdotes, and insights into the present refugee crisis. He told the January meeting about his experiences in Syria.

He described the current conflict as the worst humanitarian crisis of our time.

And he gave an update on the [Bay Refugee Project](#). The group has now reached its fundraising goal and is preparing to welcome two Syrian refugee families to St Margaret's Bay, with a third family to follow.

FUTURE EVENTS

Our monthly meetings are open to anyone, and are free.

Thursday, February 18, 2pm Shining Waters Marina -Protect Yourself from Fraud. Detective Constable D. Lambert of the Integrated Financial Unit HRP/RCMP will give tips on how to protect yourself.

Thursday, March 17, 2pm Shining Waters Marina – Annual Meeting. Hear about the year past, and the new things planned for the upcoming year.

Do you qualify for a property tax break?

If you live in Halifax Regional Municipality you may qualify for a tax break. Homeowners in HRM may be eligible for a property tax rebate or deferral of property taxes if they have a household income less than \$32,000.

Information about the rebate and application details are available online at <http://www.halifax.ca/taxes/exemption/index.php>

[Application forms](#) and information are also available from volunteers at the Seniors Information Centre. Deadline for applications is March 31, 2016.

Help available for home heating bills

The Heating Assistance Rebate Program ([HARP](#)) helps lower-income Nova Scotians with the cost of home heating.

You qualify for this program if you pay a heating bill at your current address and meet ONE of the following criteria:

- live alone with an income of \$27,000 or less
- live with others, with combined income of \$42,000 or less
- receive Income Assistance from Community Services
- receive the Guaranteed Income Supplement

[Click here](#) for an application form or contact the Seniors Information Centre

Your application must be mailed by March 31, 2016.

Skate your way to fitness

Keep active with adult public skates and other great fitness programming at the St. Margaret's Centre. Visit their [website](#) for their event calendar.

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.