



IN THIS NEWSLETTER

Tackling the crisis of loneliness

'Get screened' says local physician

Bay Expo seeks helpers, vendors

Health store becomes Enterprise Centre

## Help needed to tackle 'crisis' of loneliness among seniors

According to Statistics Canada, nearly 1.4 million elderly Canadians report feeling lonely.

This number is so alarming that many experts and health care workers are calling this situation a public health crisis.

"As a society, we are just beginning to understand the problems caused by loneliness," says Heather Thompson, program director for Neighbours Helping Neighbours, a program of the St. Margaret's Bay Seniors Association.

Neighbours Helping Neighbours has partnered with the VON Volunteer Visiting Program to combat loneliness in local seniors.

"Social integration and close



*Dr. Oren Amitay, a Toronto psychologist, says loneliness and social isolation is not only becoming an epidemic, but a significant cause of mental distress. "Loneliness contributes to stress and stress contributes to everything, whether it's a sense of depression, fatigue, anxiety."*

relationships are two of the top predictors of how long you will live," says Heather.

"Loneliness can have a dramatic impact on the lives and health of older community members.

"Through friendly contact we can celebrate and value those who are older and are experiencing loneliness."

Loneliness itself may not directly cause health problems, but depression

and feeling unappreciated or unwanted, can cause seniors to neglect their health or resort to unhealthy behaviours.

Five members of the Seniors Association have pledged to make weekly visits to those impacted by loneliness.

But the need is great, and more volunteers are welcome. Please contact [neighbours@bayseniors.ca](mailto:neighbours@bayseniors.ca) for more information on how you can help.

*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.*



## Protect your health with these simple precautions

'Prevention is better than cure' was the theme of a presentation by local physician Dr Holly Zwicker at our January meeting.

Dr. Zwicker started by saying that by 2026, seniors will make up 20% of the population. The goal of the health community is to improve health and maintain independence for seniors and to enable the continued participation of older adults in economic and community activities.

Dr. Zwicker focused on different types of screening that can be done to help patients be proactive and help ensure positive health outcomes.

**Breast cancer** - 25% of women contract breast cancer, and 60% of those are over the age of 60. Between the ages of 50-74 get a mammogram every 2 – 3 years. [Contact Nova Scotia Breast Health](#) for more information.

**Colon cancer** – Nova Scotians over the age of 50 are eligible to

*Dr Zwicker accepts thanks for her presentation from Seniors Association member Fred Dolbel.*

participate in screening through a test kit that arrives in the mail. Get tested every 2 years between 50-74.

**Prostate cancer** - most common cancer for men. A blood test is used to detect prostate cancer.

**Lung cancer** – leading cause of cancer deaths. There was no test until recently. Now there is a set of guidelines for a specific group of people – over 55, smoking one pack a day, or who quit less than 15 years ago. Best advice – if you are smoking, stop.

**Cervical Cancer** – 15% of new diagnoses are in women over the age of 65. A PAP test every three years is recommended.

And don't forget your immunizations:

## Upcoming Events

### Celebrating nature

**Thursday, February 15, Shining Waters, 2pm.**

Our February meeting will have a nature theme. Beth McGee from the [Five Bridges Wilderness Heritage Trust](#) will discuss the work of the Trust and their achievements in protecting local wilderness areas. Anne Patrick from the [St. Margaret's Bay Rails to Trails Association](#) will talk about our local trail system.

### March meeting - kayak adventure

Local resident and Seniors Association member, [Richard Learning](#), will talk about his epic kayaking adventure with his son. They kayaked 2700 km around the Labrador coast.

**Pancake and Sausage Supper** February 13, St Luke's United Church (lower hall), 5374 St Margaret's Bay Rd, 5 - 7 pm. Fruit will be available for dessert. Adults \$10, Children 12 and under \$8, Children 4 and under free. Family of 4 or more maximum \$30.

**Tetanus** – every 10 years – 1 dose of tetanus with pertussis;

**Pneumococcal** (virus that starts whooping cough) – at age 65;

**Shingles** – Zostovax and Shingrix can reduce the risk by 70%. Recommended for anyone over the age 50. Shingles vaccines are not publicly funded, although the Seniors Association can help.

For more information about any of the topics in this newsletter, visit our website [www.bayseniors.ca](http://www.bayseniors.ca) or contact the Seniors Information Centre: email [centre@bayseniors.ca](mailto: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.

# Exhibitors, helpers needed for Bay Expo

The Seniors' Association is pleased to announce that the 2017 Bay Expo will be held at the Estabrooks Community Hall in Hubley on Saturday, May 12, 2018.

This exciting community event has something for everyone and has been growing in popularity in past years.

Last year more than 500 people saw some of the best the Bay can offer at the 4th annual Bay Expo. And we had 42 vendors.

If you would like to be an exhibitor at this year's Expo,



*Something for all ages at last year's Bay Expo.*

please contact [bayexpo@bayseniors.ca](mailto:bayexpo@bayseniors.ca). We are also looking for volunteers to assist with planning, and during the event.

In its short history Expo has become a showcase of the best businesses, organizations and services in our community.

## Get help with those 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 \$29,000 or less
- live with others, with combined income of \$44,000 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 for more information.

Your application must be mailed by March 31, 2018.

## REDEFINING RETIREMENT

Finding purpose, passion and opportunity as an older adult.

We are shining a light on the contributions older adults make to our communities and the economy. Through a series of workshops, focused coaching sessions and peer support, participants (age 60 and up) will explore and pursue meaningful opportunities.

Please take a moment to complete our online survey and enter your name for a chance to win 1 of 3 \$75 gift certificates in your community.

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## Protect against bone fractures

Osteoporosis affects 20% of women and 3% of men over the age of 50. Thinning bones puts people at risk for fractures, especially hips and knees.

A bone mineral density test is suggested, starting at age 65. You can guard against osteoporosis by taking 1200mg of calcium and 100IU of Vitamin D daily, and doing weight-bearing or resistance exercises daily. Keeping your body fit and healthy is the best way to safeguard your overall well-being. Aim for at least 150 minutes of moderate exercise each week (that's 30 minutes a day). The more you do, the more you're able to do.

# Enterprise Centre means new life for former health store in Tantallon

Tantallon is to be the base for an exciting new community hub. The former Mariposa health food store is being converted into a Community Enterprise Centre for St Margaret's Bay, in a project supported by the Seniors Association.

The Centre will provide offices and a forum where service groups, volunteer organizations and local businesses can work, meet and share ideas.

Key features include:

- A drop-in space for conversation, socializing and networking
- Permanent location for not-for-profit members
- Social enterprise and entrepreneur resources
- Service office and meeting spaces
- Delivery of government services in St Margaret's Bay

The idea grew out of the One SMB community workshop back in November 2014, after the Ivany Report on how communities could work together to plan and build for the future.

The former Mariposa store at the Tantallon Crossroads is getting a makeover. Plans include two meeting rooms, a large space that can serve as a boardroom or training room, offices, a reception area, and an area where people can meet and relax.

## NOTICE OF ANNUAL GENERAL MEETING



### Seniors Association of St. Margaret's Bay

Hear reports from the various projects of the organization and learn about plans for the upcoming year.

MARCH 22 | 1:30PM  
SHINING WATERS MARINA  
148 NAUTICAL WAY, TANTALLON, NS

### **Be first with Voice First**

Do you live alone? A local entrepreneur is looking for 10-15 volunteers to be part of a pilot program for a new home-based system called Voice First. The system provides voice response, sensors and connectivity, and special actions to meet key needs. Contact John Hamblin at [hamblin.john@gmail.com](mailto:hamblin.john@gmail.com) to be a volunteer or for more information.

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