



IN THIS NEWSLETTER

Volunteer drivers needed for BayRides

Bay Expo calls for exhibitors, donations

Tips on cyber safety and eye health

Join our fight against single-use plastic

If you like people and you like driving, join BayRides team

BayRides volunteer drivers are making a difference to our community by helping people stay connected to essential services.

If you need to get to a medical appointment, do some shopping, drop by the foodbank, or get to work it's easy and affordable with BayRides.

The service relies on volunteer drivers like Chris Pelham (right).

And Chris loves the job: "I really enjoy the opportunity of getting out into different areas of the community and meeting new and interesting people.

"Whether it is finding out what a post-secondary student is studying on the way to the Metro X, or talking with a home-based business owner about the work



they do right here in St. Margaret's Bay, I love it. I see first-hand the many benefits of transportation in the community."

You, too, can make a difference. We need five more volunteer drivers to help support the growing demand for the service.

If you enjoy meeting people and helping others, and are an excellent driver with a well-maintained vehicle, we'd

love to talk with you about joining our team.

Volunteers decide where, when and how often they drive and are reimbursed for mileage.

BayRides offers training and has a non-owned vehicle insurance policy. For more information about how you can get involved visit our website at www.bayrides.ca, email dispatch@bayrides.ca or call 902-820-6600.

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.

Exercise and diet are key factors in having healthy eyes

Our January meeting featured a presentation by optometrist Dr. Tim Maillet who offered a comprehensive look at eye health, including common eye conditions and how to protect your eyes.

Dr. Maillet, an Acadian born in Moncton, has been providing eye care services for Nova Scotians since 2005.

Dr. Maillet shared a lot of advice at our meeting designed to encourage good eye health.

- Keep your general health under control by seeing your family physician regularly, participating in physical activity and eating a healthy diet.
- Eat lots of yellow and green vegetables and fruits that contain lutein. These include carrots, sweet potatoes, green beans, etc. Lutein helps to protect the macula, the central portion of the retina.
- Adults over the age of 65 should go for annual eye examinations. Any condition can be better kept under control if caught early.
- Be aware of your medications and know which affect eye health. Pharmacists can help to identify the relationship between meds, and how they can affect your eyes.

Email info@bayseniors.ca if you would like a copy of the full presentation.

RCMP shares tips on cyber-safety

Constable Sian Houston from the RCMP focused on cybercrime and online safety at our February meeting.

Cybercrime involves criminal attempts to obtain personal information, account information, passwords, credit card and banking information. It is used to steal money and identities.

Tips for staying safe online:

Posting personal information on social media may give away information that scammers can use against you.

Only accept friend requests from people you know personally.

Do not click on or share links from unknown sources.

Use secure networks, anti-virus protection and different passwords.

Always question the authenticity of your sources.

Be wary of suspicious emails, online messages, and phone calls even if they appear to be from legitimate sources.

The CRA will never ask you to update or provide your personal information. They will also not threaten you with arrest or imprisonment.

Upcoming Events

ElderDog and AGM

March meeting – Thursday, March 21 at Shining Waters Marina (2pm).

Our March meeting has gone to the dogs. ElderDog Canada will talk about their work, and bring some furry friends for us to meet. ElderDog's aims are two-fold: to assist and support older adults in the care of their canine companions, and to promote the welfare of older dogs whose lives have been disrupted due to illness or death of a human companion.

Our Annual General Meeting will be on the same day and we encourage all members to attend and have their voices heard.

April meeting: oral health – Thursday, April 18 at Shining Waters (2pm).

Dentist Dr. Ian MacAskill will discuss the importance of a healthy mouth.

May meeting: estate planning – Thursday, May 16, Shining Waters (2pm).

Financial advisor Kevin Dorey, and lawyer Tracey Kennedy will answer all your questions regarding estate planning.

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



Bay Expo calls for exhibitors, donations

Bay Expo 2019 will be held on Saturday, May 11 at the Estabrooks Community Hall.

It will include local businesses, crafters and non-profit groups.

There will be a silent auction, used book sale, flea market, jewellery sale and a kids zone. Hatfield Farm will provide a petting pen.

If you would like to be an exhibitor contact bayexpo@bayseniors.ca.

Donations of new table top size products would be appreciated for the silent auction. Confirmation of your donation is requested by April 30. Items can be dropped off at the SMB Community Enterprise Centre (5229 St. Margaret's Bay Road).

In addition, Bay Expo would welcome financial support from businesses or individuals to help offset the cost of staging this annual community event.

Volunteers assisting in the workshop included Joyce Brooks, Helen Clayton, Betty Dolbel, Pam Fortin, Sian Houston, Michelle MacLean, Joan MacIsaac, Mary Roddis, Marina Savoy, Joyce Smith, Janetta Tanner, Carol Pottie and Betty Learning.

Sign up now for Tai Chi classes

The spring session of Tai Chi classes will begin on April 1 and continue for 10 weeks.

Classes are held on Mondays (10.30 to noon) at St. Nicholas Church Hall on Westwood Blvd., Upper Tantallon. The cost is \$25 for the 10 weeks.

If you are interested in joining this session, please be sure to register by March 25 at fitness@bayseniors.ca or call the Seniors' office at 902-820-3334.

Our Aerobics and Tai Chi classes are carefully designed for seniors, are low impact and can be performed at your own pace.

Aerobics classes are offered on Wednesdays and Fridays (Wednesdays only during the summer months).

Fighting back against single-use plastic bags

The Seniors Association of St. Margaret's Bay has been working on collecting recycled materials to make cloth re-useable shopping bags, in an effort to reduce the use of plastic bags in our area.

Carol Pottie and Betty Learning are heading up the project.

Thirteen Volunteers came out to the Bay Community Centre for the first cutting day, to cut out the bag pattern and assemble kits for sewing.

The kits will then be sewn from volunteer's homes.

When the bags are completed, they will be marketed by members of the association at booths around the area, to promote the use of cloth bags and as a fundraiser for the Seniors Association of St. Margaret's Bay.

We continue to accept donations of bag fabric, cotton lining, thread and strapping.

This will be an ongoing project, and we will sort and prepare these fabrics for future cutting and sewing workshops.

If anyone wishes to donate fabric, thread or strapping, or would like to volunteer for ironing, cutting, sewing or selling the bags at booths, please contact us at reuseablebags@bayseniors.ca or leave a message at 902-820-3334.

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Monique takes the reins as communications coordinator

We would like to extend a big welcome to our new Communications Coordinator, Monique Glover.

Monique is no stranger to the Seniors Association. She has worked with us for the past two years as the Bay Seniors Website Coordinator.

She is involved with various projects in St. Margaret's Bay, including at the Community Enterprise Centre.

Monique comes to us with over eight years' experience working in the graphic/web design and marketing/communications fields, supporting clients in the private, public and government sectors.

She specializes in working with local, heart-centered groups and individuals, and has a passion for creating meaningful brands for those wanting to make a positive impact in their communities.

Monique lives with her husband, Colin, and two daughters, Mikaela and Ella, in the Bay.

We wish all the best to Chantal Pelham-Edwards and thank her for her dedication to Bay Seniors for the past three years. Chantal is leaving to nurture her growing business, but will still be around the Community Enterprise Centre.



Our new communications coordinator, Monique Glover, with husband Colin and daughters Mikaela and Ella.

Health team shares advice on diet and exercise

The Chebucto Community Health Team provides free programming to help you feel your best. You can register for sessions by calling 902-460-4560 ext. 2 or visit www.communityhealthteams.ca.

Upcoming topics include:

Fat, Sugar, Salt: Tuesday, March 26 from 1.30-3.30 at the JD Shatford Memorial Library in Hubbards.

Stretching and Balance: Friday, March 29 from 10 am-noon at the Lakeside Community Centre (1492 St. Margaret's Bay Road, Lakeside). Please note: a physical activity screen is required at least 5 business days before the program.

View the full March - August 2019 program flyer [online](#).

Challenging prejudices

The Community Enterprise Centre invites you to a philosophical discussion with lecturer, Bill Brooks on Saturday, March 30 from 4 - 5:30 pm. Bill will explore ideas like liberalism and conservatism, capitalism and socialism, nationalism and globalism. Participants will be invited to re-examine acquired prejudices and the sources of our culture wars. RSVP to: a.j.duperly@gmail.com.

Free help with taxes

If you have modest income and a simple tax situation you may be eligible for free help completing your tax return at Tantallon Public Library. The free clinics are supported by the CRA. Call the Tantallon Public Library at 902-826-3330 to book an appointment or for more information.

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