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## The best of the Bay: Get ready for Bay Expo '15

Planning is well advanced for the second annual Bay Expo, a fun and informative way to experience some of the best services that the Bay has to offer.

Bay Expo '15 is a joint venture by the Seniors Association and Scotiabank. It will be held on Saturday, May 23 at the Giant Steps Children's Centre 15 French Village Road, Upper Tantallon.

There's plenty of parking and it's a perfect setting for what we hope will be a popular event with something for all ages.

Expo '15 starts at 11 am and runs until 3pm. There will be a variety of exhibitors, a chance to get advice on a range of topics, and an opportunity to go home with something from the silent auction.

There's still a chance for you to play a part in the Expo. We will be happy to accept more donations for the silent auction. And we need volunteers to help the event run smoothly.



*Something for the whole family: a reminder in pictures of the [inaugural Bay Expo](#) last year. It turned out to be a popular event, with more than 20 community and commercial exhibitors, a face-painter, an illusionist and a fiddler.*

You can contact us at 902-820-3334 or email [info@bayseniors.ca](mailto:info@bayseniors.ca)

### BYO toonie appeal

Support the Bay Treasure Chest and you support community projects. Help even more by bringing your own toonie.



### Let's build a list of reliable helpers

Where can I find a good handyman? It's a question volunteers at the Seniors [Information Centre](#) hear all the time. If you are a 'Jack of all trades' we'd like to hear from you. And if you know someone who does smaller household repairs, snow shoveling or yard work, please call 902-820-3334 or email [info@bayseniors.ca](mailto:info@bayseniors.ca).

*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.*

## FUTURE EVENTS

*Monthly meetings are open to anyone, and they are free.*

Thursday, April 16 - 2pm at Shining Waters Marina

*Shaping our future.*

A chance to join the discussion about the future of the Bay area, with particular reference to the needs of seniors.

The meeting will be an opportunity to discuss and expand on some of the [themes](#) in last month's newsletter.

Tuesday, April 28 - 7pm at the Tantallon Library

*Living with Stress*

[Stress](#) is a part of everyday life.

Having a toolkit to handle stress can help us feel capable of handling new stressful situations.

Learn skills from the Chebucto Community Health Team to help deal with stressful situations. Call 902-487-0272 to pre-register.

## Help solve Bay area housing problem

St. Margaret's Bay has a housing problem. Many young people, single parents, and seniors living on modest incomes cannot find affordable accommodation.

The Seniors Association and Transition Bay are sponsoring a community workshop to explore ways to encourage the development of attractive, economical and sustainable housing.

The keynote speaker will be Jim Mustard, who has been instrumental in implementing new approaches to the provision of affordable housing in Cape Breton.

Come and join the discussion. The workshop runs from 10 am to 4.30 pm on Saturday May 16th at the Tantallon Library.



## Not just a pet: talk stresses therapy role of dogs

The role of a dog as a therapeutic companion for seniors was the theme for a presentation by Dr Ardra Cole of [ElderDog Canada](#).

She talked about the role of dogs and other pets in the health and well-being of older adults.

She shared some tips on caring for dogs, and also talked about how older dogs can be traumatized by the illness or death of an owner.

Dr Cole and Gary Knowles of ElderDog are pictured with Jetsom.

## AGM reports year of steady progress serving the needs of Bay area seniors

The annual general meeting was a chance to review the work of the Seniors Association over the past year.

Throughout 2014 the Association's participation and support in the [Bay Treasure Chest](#) and [CC-Net](#) community projects has developed valuable partnerships. These will help further long term goals in providing housing options and community support for seniors.

In other activities over the past 12 months the association:

- expanded information and outreach activities with the monthly [newsletter](#),
- held the first of what will be an annual [Community Fair](#) featuring local business and services,
- held a volunteer recruitment forum,
- made a presentation to the [One SMB](#) forum organized by the Stewardship Association for a community response to the Ivany Report.

The Association assigned residual funds from last year's federal New Horizons grant to start up the new Connecting Communities project CC-Net.org. CC-Net's popular [Community Calendar](#) helps more than 20 local area non-profit groups publicize their activities and events.

The Association's new Board of Directors is Carol Evans, René Lavoie, John McKee, Rowena Morrison, Doug Poulton, Melan Sapp, and Rebecca Weickert

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 [info@bayseniors.ca](mailto:info@bayseniors.ca) telephone 902-820-3334. The centre is next to the Pharmasave, at the Crossroads, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.