



Dementia talk prompts idea of support group

Currently there are approximately 17,000 Nova Scotians living with dementia. And the numbers are rising relentlessly.

So it's no surprise that our session Let's Talk: A Discussion About Dementia drew a large crowd and a lot of questions.

Kara Gouthro-Murgatroyd, of the Alzheimer Society of Nova Scotia, talked about risk factors, symptoms, diagnosis, and how to help caregivers and loved ones live with dementia. [Click here](#) to see her complete presentation.

After the talk, Kara and Barbara Mulrooney led a discussion on the possible formation of a support group in St Margaret's Bay.

If you are interested in joining a SMB Dementia Caregiver Support Group, please call us at 902-820-3334 or [email us](#).



Kara Gouthro-Murgatroyd is thanked by president Doug Poulton after her talk.

Wins all round from Bay Treasure Chest

After months of planning, five local St. Margaret's Bay non-profit groups have gathered together to create the Bay Treasure Chest Community Fundraiser, a \$2 '50/50' draw which will operate weekly with local volunteers.

The communities and residents of St. Margaret's Bay win with sustainable funding

for many programs and services that benefit the people



and environment. 100% of the money stays in the Bay. The player wins some extra, tax-free cash while helping to support Bay area volunteer

service organizations. Retail and other business supporters win with improved customer relations, and support of the local community and the environment.

Full details can be found at the [Bay Treasure Chest](#) website, in pamphlets displayed at the 13 participating retailers, and at their [Facebook](#) site.

Share your news, views and suggestions. [Email](#) us 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.

Easy ways to reduce home energy costs

Seniors who attended our February meeting left with a whole lot of great ideas for saving money on home heating.

The speaker was Jessica Scott, from Efficiency Nova Scotia. She ran through a range of ways her organisation can help people cut power bills.

Want to know how much that old fridge or that always-on DVD player is adding to your power bill? Drop into any Halifax public library and ask for a free loan of a Power Cost Monitor.

A visit to the [residential section](#) of the Efficiency NS website shows many ways you can save money on your power bill.

Or you can pick up the same information at the Seniors Information Centre.

You'll find more tips, and more information about how you can save money on your power bill [on our website](#).

Directors elected at Seniors' AGM

At the March 20 Annual Meeting of SMBSA the Directors elected for 2014-2015 were Bob Angus, Carol Evans, René Lavoie, John McKee, Rowena Morrison, and Doug Poulton.

A number of changes to the association's by-laws were approved as the association is growing in scope and numbers.

More information will appear on the [bayseniors.ca](#) website and in the May newsletter.



A large crowd and a lot of questions for speaker Kara Gouthro-Murgatroyd (right) of the NS Alzheimer Society for her talk on dementia. [Email](#) us if you are interested in a local Dementia Caregiver Support Group.

Time to start 10-digit dialling

Are you a ten digit dialler yet? By November 16 it will be compulsory to dial the 902 area code in Nova Scotia and PEI, even for local calls. The 10-digit system is already operational, so get into the habit of dialling the area code for every call.

From August 23rd you'll get an automated message if you forget to dial the area code. But from November 16, no area code - no call.

The change is happening because the telecom companies are running out of numbers. From the end of November area code 782 will be introduced for new numbers, and will operate alongside area code 902.

FUTURE EVENTS

Saving on Tax and Investing wisely in Retirement

2pm Thursday April 17
Shining Waters Marina

Dan Rudisuela (Royal Bank) and Anthony Fielding (Bluenose Accounting).

Whether planning for retirement or already retired, it's always a good idea to explore ways of enjoying more of your own money.

Help on Housing

2pm Thursday May 15
Shining Waters Marina

Valerie White, CEO of NS Department of Seniors, will outline how government can help seniors stay in their own homes. It's a great opportunity to get your questions answered.

Cookbook makes perfect gift

If you're looking for a Mother's Day gift, we have a few Seniors Association cookbooks left. You can buy "A Matter of Taste" at the Shoppers Drug Mart store in Tantallon, or at the Seniors Information Centre. Mother's Day is Sunday May 11.

SENIORS GAMES NIGHT

Come along to our Seniors Games Night on April 24. Bring along your favourite card games, board games or trivia quizzes. Meet friends and relax in a very social atmosphere. Seniors Games Night takes place at the Shining Waters Marina in Tantallon. We start at 7pm. Bird watching walks will resume soon. Anyone interested should call the Information Centre at 902-820-3334.

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