



IN THIS NEWSLETTER

Kayaker recalls epic voyage with son

Seniors AGM draws a good crowd

Time running out to be a Bay Expo vendor

Open letter promotes home visit program

Memories of father-and-son kayak adventure

Barren... beautiful... eerie... lonely... windy: just some of the words Richard Learning used to recall the remarkable 12 days he spent with his son Glen, kayaking 300 km along the coast of Labrador.

Richard Learning, a member of the Seniors Association, showed slides and talked about the trip at our March meeting.

The father-and-son expedition last year was part of Richard's 15-year, 2,700-kilometre journey from Nain, NL to the Quebec border.

Richard (70) didn't start kayaking until he was 56. It was "a whim" he said, but one that made him feel closer to his Inuit ancestry. Richard remembered his father telling stories of being paddled



around on top his uncle's sealskin kayak in the 1920s.

Richard talked about the different communities he and his son visited throughout their journey from Pinsent's arm in Newfoundland to Blanc Sablon, Quebec.

Kayaking in Labrador is challenging, he recalled. You could kayak for 100 kms and not see another person. And polar bears are to be avoided at all costs. At one point, they spent hours trying to cross a 5 km channel, battling the wind, whitecaps and powerful swells. Three times he thought he was

A close encounter with an iceberg during the remarkable father-and-son odyssey. We have another picture from Richard's trip on page 3

going to capsize.

On a good day, Richard and Glen covered 50 km. On a bad day they managed only seven.

Richard was joined at our meeting by his wife, Betty.

Richard has a [Facebook page](#) where you can see more photos of his numerous trips and by [clicking here](#), you can watch a clip and read an article from CBC on the trip.

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.



A question from the floor during the Association's annual general meeting at Shining Waters Marina, Tantallon.

Good turnout for Seniors Association annual meeting

The Annual General Meeting of the Seniors Association was held on Thursday, March 29 at Shining Waters Marina.

The organizers were delighted by the turnout for the meeting, which had been rescheduled because of bad weather.

The president, Becky Weickert, and the Board directors presented reports which were distributed to attendees (please contact info@bayseniors.ca if you would like a copy).

A budget was presented and passed by the membership.

Fred Dolbel talked about the Association's involvement in the development and opening of the Community Enterprise Centre at Tantallon Crossroads.

A motion was put forward by the board to amend a number of existing by-laws, including:

- remove the mandatory 2-year retirement clause for directors
- increase the number of directors from 10 to 12, as well as the number of required board meetings from 2 to 4
- addition of a conflict of interest clause

The following members were nominated for the board of directors:

Bill Brooks, Fred Dolbel, Carol Evans, Rowena Morrison, Doug Poulton

The following directors have agreed to continue in their roles:

Carl Breckenridge, Elaine Brooks, Melan Sapp, Heather Thompson, Rebecca Weickert

Upcoming Events

Brain health

April meeting – Thursday, April 19 at 2 pm at Shining Waters Marina.

The guest speaker at our April meeting will be Dr. Tara Perrot, the chair of the Department of Psychology and Neuroscience at Dalhousie University. Dr. Perrot will talk about the connection between a healthy body and a healthy brain, and suggest practical ways to maintain brain health for many years to come.

May meeting – Thursday, May 17 at 2 pm at Shining Waters Marina.

Deanne Ryan-Meister, the President of the Titanic Society of the Atlantic, will join us for a discussion and screening of a documentary on Halifax and it's connection to the ill-fated ship. years to come.

Public meetings - Crossroads development - Wednesday, April 18.

Public meetings for Case 20929: Commercial and Residential development at the Tantallon Village Crossroads, hosted by the Halifax Regional Municipality.

Sessions will take place on Wednesday, April 18 at the St. Margaret's Centre.

There will be three separate sessions: 10 - 12 noon, 2 - 4 pm and 6.30 - 9 pm.

[Click here](#) for more information on the proposal.

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.

Still a few tables available for Bay Expo vendors

There is still time to be a vendor at the [Bay Expo](#), but don't delay. Tables are going fast.

The Expo will be held on Saturday, May 12, 2018 at the Estabrooks Community Hall. It promises something for everyone. Contact bayexpo@bayseniors.ca if you would like to be an exhibitor.

We are also looking for volunteers to assist with planning and at the event.

Flea Market items

Thinking of doing some



Seniors Association member Richard Learning with his son Glen during their epic kayak adventure along the Labrador coast.

Spring cleaning? Don't forget Bay Expo. Bay Expo volunteers are accepting donations of good-condition items for the book sale, jewelry sale and flea market table.

Donations can be delivered to the Community Enterprise Centre (5229 St. Margaret's Bay Road) Monday to Friday between 9 am and 4 pm.

Is it time to take charge of your stress?

The Chebucto Community Health Team is hosting a four-week program titled 'Take charge of your Stress'.

Participants will learn and practice skills, while working on a plan to take charge of their stress today and in the future.

The program runs on Tuesdays starting on April 3 until the 24th, from 10 - 12 noon at the Tantallon Public Library.

Creating communities with seniors in mind

Community Links is hosting its annual conference with a focus on age-friendly communities (communities set up to help seniors live safely, enjoy good health and stay involved).

The conference will be on June 5 in Halifax. Some travel subsidies are available. Contact Anne at director@nscommunitylinks.ca or 1-855-253-9355 for more information.



Volunteers and Exhibitors welcome!

May 12, 11:00am-3:00pm
Estabrooks Community Hall

Contact Carl at bayexpo@bayseniors.ca
www.bayseniors.ca/bayexpo

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Volunteer effort marked with cake and flowers

A special thank-you to Sue and Roger Perrot (above) who have wasted no time at all in becoming instrumental to the Seniors Association.

In the three short years that they have been members, they have found many ways to contribute their time:

- operating the sound system for our monthly meetings,
- being steadfast supporters and volunteers with the Grocery Bus,
- and initiating a weekly walking group on the Rails to Trails.

Our picture shows Roger and Sue with a cake to celebrate their 50th anniversary.

Sobeys presented them with a bouquet of flowers to honour their work with the Grocery bus.

Volunteer visiting program

An open letter to doctors, health care practitioners and community members in St Margaret's Bay:

The Seniors Association of St. Margaret's Bay (SASMB), in partnership with the VON, has initiated a visiting program aimed at older seniors who are at home alone and may enjoy company. There is no cost to participate in the program.

SASMB members provide the visitors and the VON provides coordination and volunteer assistance.

If you have older patients who you feel may benefit from regular visits by a volunteer, please ask for permission to give their names to Heather Thompson, Neighbours Helping Neighbours coordinator.

Potential participants will be contacted to ensure they understand all aspects of the program prior to giving their names to the VON.

We currently have more volunteers than program participants, and are certain there are people in our community who would appreciate regular visits.

Please contact me, Heather Thompson, for more information at neighbours@bayseniors.ca.

Thank you for your consideration and support,

Heather Thompson, Volunteer, Neighbours Helping Neighbours
Seniors Association of St. Margaret's Bay. Tel 902-820-3334

Province relaxes rules on compensation for caregivers

As a result of changes in the Nova Scotia Provincial Benefits Program, approximately 600 more caregivers will be eligible for financial support. Until the change, only caregivers with family members considered to be 'very high' on the needs scale were eligible. Now those with less serious challenges will also be eligible.

The \$400 monthly benefits helps lower-income Nova Scotians cover the costs of taking care of family members with physical or cognitive impairment.

Call 1-800-225-7225 or [click here](#) for more information.

Tai Chi change: The email address for our Tai Chi program is now fitness@bayseniors.ca. (Formerly taichi@bayseniors.ca).

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