



IN THIS NEWSLETTER

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## Come and sample the best of the bay at Bay Expo

We're just a few days away from another great Bay Expo. The Bay Expo is a free, family-friendly community event which will be held on Saturday, May 11 from 11am - 3 pm at the Estabrooks Community Hall, 4408 St. Margaret's Bay Road.

The Expo has quickly become a popular annual community event showcasing the best businesses, organizations and services St. Margaret's Bay has to offer.

Gather your friends and enjoy a fun-filled day. There is truly something for everyone.

And it's free.

The event has grown bigger and bigger over the years. Here's just a sample of what you can do at this year's Expo.

You can put your money where your heart is and shop local. Local businesses and crafters will be on display with their products and



services.

You can learn about the non-profit organizations that are making a difference in our community, and how you can help.

There's plenty for children. Family fun can be found in the Kids Zone where giant games will be set up.

If you love hunting for the perfect treasure you should check out the flea market, used book sale and silent auction.

Bring the grandkids (and kids at heart) to visit the animals at Hatfield Farm's

petting pen.

Bay Seniors will have a plant table with seedlings, outdoor and indoor plants, and we'll also be launching our new reusable bags for sale (you can help - see article on page 3).

Be sure to refuel with delicious British foods from Delish Fine Foods, or hot dogs, juice and coffee available from the Bay Seniors canteen.

Admission to the Expo is always free and there is lots of parking. Gather your friends, and come have fun.

# Did you know your oral health can affect your grandkids?

Your oral health not only effects you, but the people around you. Did you know that sharing a spoon with your grandchild can pass the bacteria from a cavity from your mouth to theirs?

Above just aesthetics, good oral health has been found to decrease your risks for other issues in the body.

What special oral health issues should you know about as a senior? Dentist Dr Ian MacAskill gave us the low-down during our April meeting.

The top bad guys to watch out for are periodontal disease, dry mouth, cavities, oral cancer and missing tooth replacement.

The good news is that most oral health issues are preventable with proper oral hygiene, which includes:

- Brush twice a day with a fluoridated tooth paste (an electric toothbrush will give superior cleaning to a manual)
- Floss once a day with traditional floss or try out a water pick
- Visit your dentist for regular check ups and hygiene appointments

Other things you can do to decrease your risk of oral health issues are:

- No smoking
- Limit consumption of alcohol (including alcohol in mouth wash), caffeine
- Limit sugar in drinks, gum and candies - instead choose



*Dentist Dr Ian MacAskill, from the Tantallon Dental Centre, was the guest speaker at our April meeting.*

- ones made with xylitol
- Know your medications and possible side effects to oral health
- Drink enough water
- Wear a lip balm with SPF especially in the summer and when out on the water.

We're always happy to hear from you. Is there something you would like to share with SASMB members? Send your submissions to [monique@bayseniors.ca](mailto:monique@bayseniors.ca)

# How well do you know your neighbours?

The Seniors Association is forming a network of connected neighbourhoods and communities around the Bay so that all residents are well informed, active and feel part of a caring community.

Next time you are out in your garden or taking a walk in your neighbourhood, ask yourself these questions:

- Do you know everyone on your street?
- Do you know them to see, talk to, invite in for a cup of coffee?
- Is there anyone who keeps to themselves, lives in isolation?
- How would you feel if you did not know or speak to anyone on your street? Would you appreciate it if one of those neighbours introduced themselves, invited you for coffee, or gave you a telephone number to call if you needed help?
- If something appeared to be amiss at a neighbour's house, would you try to help?
- Would you appreciate one person in the neighbourhood passing along information about local services, activities and contact information for government services?
- Would you be willing to be that person?

Let's help each other to get the best out of life on the Bay. For more information or to get involved in our Neighbours Helping Neighbours scheme contact [neighbours@bayseniors.ca](mailto:neighbours@bayseniors.ca)



## Where do you want to go? We're looking for excursion ideas

The days are getting longer and the weather is getting warmer, and The St. Margaret's Bay Seniors Association is looking for ideas for our next excursion.

Past excursions included Sherbrooke Village, Hope for Wildlife, Canada's Museum of Immigration at Pier 21, Seaport Market, Halifax Central Library, Lockett Vineyard, and the Tangled Garden in Wolfville.

Mike Maher takes the lead on organizing our excursions. If you have great ideas for possible trips, or just want more information about our excursions, send an email to [excursions@bayseniors.ca](mailto:excursions@bayseniors.ca).

Or you can drop in to share your ideas at the Seniors Information Centre (Located inside the SMB Community Enterprise Centre at Unit 1 – 5229 St. Margaret's Bay Road) on Tuesdays and Thursdays, 10 a.m. to 2 p.m.

*We've had some great trips in the past. Here's a reminder of some of the fun we had during last year's excursion to Sherbrooke Village.*

## Over-run with plants? Donate to our plant table at the Bay Expo

Do you have a green thumb? We are looking for donations for our new plant table at Bay Expo at Estabrooks Community Hall on Saturday May 11.

Your perennials are probably beginning to poke their heads out of the ground and some can be divided.

Or perhaps you started a few too many vegetables in the house. House plants are also welcome.

Four-inch pots and popsicle sticks (for labeling) are available at the SMB Community Enterprise Centre (5229 St. Margaret's Bay Road), and plants can be dropped off between 10 am and 2 pm.

Please don't deliver plants until the week of May 6th (preferably near the end of the week) because storage space is limited.

Contact Esmé Malanchuk at 902-858-2134 or [esme@eastlink.ca](mailto:esme@eastlink.ca) for more information.

## Join our team and help reduce those pesky plastic bags

In an effort to reduce the use of plastic bags in our area, Bay Seniors has been working on collecting recycled materials to make cloth reuseable shopping bags.

Carol Pottie and Betty Learning are leading the project, and have found many creative uses for these bags other than just shopping, including library bags, craft bags, storage bags, gift bags, hostess bags, shower bags, baby supply bags, toy activity bags and knitting bags.

The efforts of our volunteer cutters and sewers are greatly appreciated.

We do need more volunteers and fabric donations. And there is an immediate need for volunteer sewers to get bags assembled for the Bay Expo on May 11 where they will be on sale for the first time. All bags are unique and come in a wide range of fabrics and designs for \$8 each or 3 bags for \$20.

Contact [reuseablebags@bayseniors.ca](mailto:reuseablebags@bayseniors.ca) or leave a message at 902-820-3334 for more information.

Do we know how to contact you?

Has your address or email changed? Let us know so you can continue to receive the monthly Bay Seniors newsletter.

[info@bayseniors.ca](mailto:info@bayseniors.ca)

## Association Events

### Estate planning

**May meeting – Thursday, May 16 at Shining Waters Marina (2 pm).**

Financial advisor Kevin Dorey, and lawyer Tracey Kennedy will discuss the value of having an estate plan, four key building blocks for an effective estate plan and what to consider when creating or updating an estate plan.

**Annual Pot-Luck and BBQ – Thursday, June 20 at Shining Waters.**

Mark your calendars for our annual pot-luck and BBQ and stay tuned for more information.

### Optimal Aging

4-week program, Thursdays June 6 - 27, 1 - 3 pm

St. Margaret's Centre - 12 Westwood Blvd, Upper Tantallon

Free

Learn how to become healthier as you age. This program will focus on staying socially and physically active, taking care of your mental health, learning new things, and positive thinking.

Call 902-460-4560 (option 2 for Chebucto) or register at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

## COMMUNITY EVENTS

### Seniors Line Dancing Classes

Tuesdays, 1 pm - 3 pm  
St Margaret's Centre - 12 Westwood Blvd, Upper Tantallon

\$5 cash at the door

Line dancing supports both the physical and mental health of participants. No partner required. Come along, bring a friend and meet new ones.

### Aspotogan Arts and Crafts 19th Annual May Show

Saturday May 11 and Sunday May 12, 10 am - 5 pm

Blandford Community Centre, Blandford

Free

Painters, weavers, jewellers, woodworkers, rug hookers, ceramicists, photographers and more. View the artworks, chat with the artists or watch a demonstration. Wheel-chair accessible, refreshments.

[www.aaandc.org](http://www.aaandc.org)

### Holy Communion for Seniors with the Anglican Parish of French Village

Third Wednesday of each month, 11.15 am - 11.45 am

Participants sit in chairs rather than pews, and sit throughout

the service so there is no need to stand or kneel. The Eucharist is brought to individuals. Worship is followed by a light lunch of soup and sandwiches.

The service is held in St Margaret's Church Hall (fully accessible).

### Food and Mood

Thursday May 16, 1.30 pm - 3.30 pm

St. Margaret's Centre - 12 Westwood Blvd, Upper Tantallon

Free

Learn about the connection between what you eat and how you feel. What's good for your body is good for your mood.

Call 902-460-4560 (option 2 for Chebucto) or visit [www.communityhealthteams.ca](http://www.communityhealthteams.ca) to register.

### Understand Pain

Thursday, May 30, 6 - 8 pm  
JD Shatford Public Library - 10353 St Margarets Bay Rd, Hubbards

Free

Call 902-460-4560 (option 2 for Chebucto) or visit [www.communityhealthteams.ca](http://www.communityhealthteams.ca) to register.

*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.*

*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 located at Unit 1 – 5229 St. Margaret's Bay Road, Upper Tantallon, NS, B3Z 4R5. It's open 10 - 2 on Tuesdays and Thursdays.*