



#### IN THIS NEWSLETTER

Bluenose cruise... sea, smiles, sun and CBC

How a Wellness Profile could help you

Author tests our knowledge

Info Centre offers tips on foot care, falls

## All aboard... Bluenose trip leaves lasting memories

*The Seniors Association's program of excursions for 2017 ended with a cruise on the rebuilt Bluenose II, Nova Scotia's sailing ambassador. Our sailors were rewarded with a memorable trip, beautiful weather, and an appearance on CBC TV. We have more pictures on page 3.*

### **René Lavoie reports**

A sail on the Bluenose is such a quintessentially Nova Scotian thing to do; nothing could be more fitting for a group of people who love this place.

The excursion was a wonderful opportunity to participate in an enjoyable social event.

It was also a great chance to celebrate the contributions of many hours of volunteer time,



*You would be smiling too, if you were cruising the ocean on board the Bluenose II... more pictures from our excursion on page 3 and you can see a video on [our Facebook page](#)*

while meeting new people and renewing acquaintances.

The provision of prizes and mementos was a grand idea and will help to anchor the event in the minds of the winners.

It will also serve to remind people of the Seniors

Association and the on-going support from the Bay Treasure Chest.

Thanks go out to Adrienne Duperly and Beverly Carlsen for their organization of the event. Thanks also to Betty Dolbel for ensuring everyone had a nametag, a seemingly simple act with a big impact.

*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.*



## Experts explain benefits of Personal Wellness Profile

Ashley South from the Chebucto Community Health Team kicked off our first monthly meeting after the summer break by providing an overview of the great health programming available in the Tantallon area.

Ashley paid particular attention to the Personal Wellness Profile Program, a two-part program that provides a complete health assessment.

It measures, among other things, your cholesterol, fasting blood sugar and weight.

During the program, participants review their medical history, eating habits, stress levels and general well-being. Based on the results they are given advice on how to implement positive and

*Ashley South and Chris McWilliam review some of the measurements taken during the personal wellness profile.*

long-lasting changes to improve overall health.

Measurements are taken during the first day of the program, and then reviewed on the second day.

The program took place over two weeks in September and the program was full, with 15 participants.

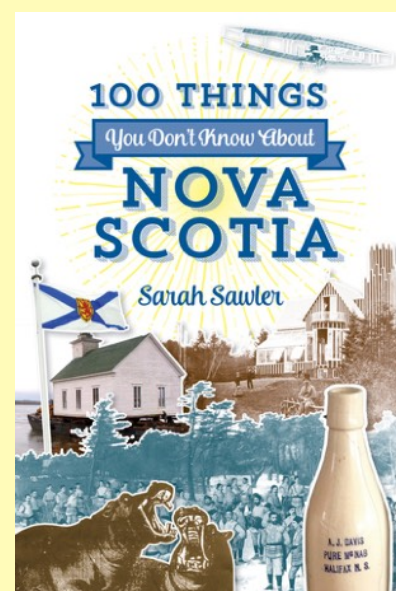
Chris MacMillan, a Wellness Navigator, told the group how his job is to help people find solutions to problems that may be negatively impacting their health – and that can cover a wide range of topics. Chris is available to meet with residents at the Seniors Info Centre.

For more information, contact the Info Centre, 902-820-3334.

## Upcoming Events Unlocking 100 mysteries of Nova Scotia

**October meeting -  
Thursday, October 19,  
Shining Waters, 2pm.**

The October meeting will feature local author, Sarah Sawler, and her book 100 Things You Don't Know About Nova Scotia. Sarah will do a



reading from her book, and discuss her research process to develop the '100 Things.'

A Q & A session will following the reading and books will be available for purchase.

**Advance notice, November meeting.**

Our November meeting will feature the Atlantic Caregivers Education Association. Watch our next email for more information.

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 inside The Doctors' Office at 5181 St Margaret's Bay Road, Upper Tantallon. It's open 10 - 2 on Tuesdays and Thursdays.





**Making memories aboard Bluenose II...** and an extra treat for those on our excursion when CBC reporter Colleen Jones (picture, right) joined us to compile a news report about the way in which community events like our excursions are supported by the fund-raising of the Bay Treasure Chest.



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# Drop by our Info Centre: we may have the answers you are looking for

The Seniors Info Centre has helpful information on a variety of topics, and the Info Board will be making an appearance at our monthly meetings. Each month, we'll be profiling a different type of resource available at the Info Centre.

This month's topics are foot care and falls prevention.

Did you know:

- Falls are the #1 cause of injuries to seniors.
- For Nova Scotian seniors, falls cause 95% of the hip fractures, 65% of all injuries and 40% of admission to nursing homes.
- Foot problems are among the most common, and disabling, complications of diabetes.
- Early detection of foot problems can help you maintain your independence and mobility.

There are a variety of resources to assist with falls prevention and foot care.

Please visit the Info Centre from 10 - 2 on Tuesdays and Thursdays to be connected to helpful resources.

## Share your stories

Is there something you would like to share with SASMB members? Send your submissions to [chantal@bayseniors.ca](mailto:chantal@bayseniors.ca)

## Bluenose cruise video on Facebook

We've posted a short video from our excursion on board Bluenose II on our Facebook page, [www.facebook.com/bayseniors](http://www.facebook.com/bayseniors). Our thanks to the CBC and reporter Colleen Jones for making available the interviews.

Our Facebook page is a great place to find out more about our association and activities in our community.



## Are you ready to help your community?

We need your help. Beverly Carlsen and Heather Thompson are recruiting volunteers.

There are numerous needs in the community and they are keen to match up volunteers with needs that meet their interest. A volunteer orientation meeting will take place in November.

For more info please contact [neighbours@bayseniors.ca](mailto:neighbours@bayseniors.ca)

## I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

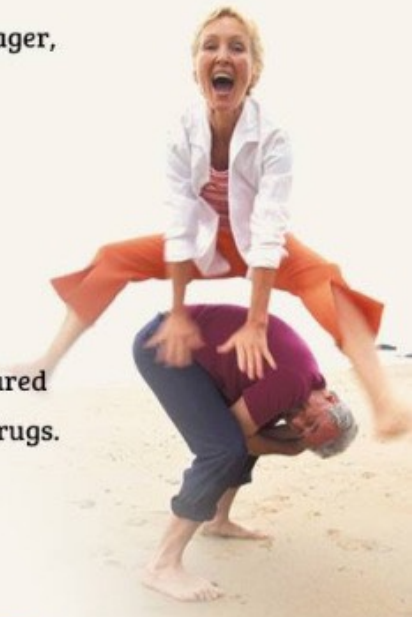
I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs.

And I don't have acne.

**Life is great.**



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