



IN THIS NEWSLETTER

We're looking for volunteers

Ten foods for a healthy brain

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New feature: members share their stories

## Looking to help others? We need more volunteers

Bay Seniors encourages members to share their skills and life experiences, make new friends and help our community thrive by volunteering for association projects and activities.

Volunteering is a great way to keep physically and mentally active, socialise, and play a part in supporting others in the community we love.

If you have time to spare, and the inclination to help, come in and talk to us.

We welcome all interested members to stop in between 10 am and 2 pm any Tuesday or Thursday at the Seniors office, located in the Community Enterprise Centre in Upper Tantallon.

We'd be happy to chat about your interests and discuss where you would be a good fit as a volunteer.

Right now we have a specific need



for volunteer co-leaders to assist Bay Seniors activity and project committees. For more info or to volunteer, contact us at [volunteer@bayseniors.ca](mailto:volunteer@bayseniors.ca), call the Seniors Office (902-820-3334) and leave your name and number, or drop in to the office in person.

***Get up, stretch, breathe... guest speaker Edie Shaw-Ewald (right) puts us through our paces at our September meeting, when we heard about food and brain health. We have a report and another picture on Page 2***

## Tai Chi - a great way to stay in shape

Tai Chi classes are held on Monday mornings. There are 3 sessions in the year, fall, winter and spring and each session consists of 10 weekly classes.

Dates for registration and start of the next course will be announced closer to the time.

Email [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca) or call at the Seniors Office for more information.



**Professor Tara Perrot (right) and dietitian Edie Shaw-Ewald talked at our September meeting about the connection between a healthy gut and a healthy brain.**

## Ten foods to focus on if you want to keep your mind in top shape

For our first monthly meeting after the summer break we were joined by Tara Perrot and Edie Shaw-Ewald to learn about a healthy brain and a healthy diet.

Tara is a professor in the Department of Psychology and Neuroscience at Dalhousie University. She explained how it is important to think of our body holistically. The brain and gut talk back and forth to each other, and what we eat influences how strong or weak is the communication path.

Edie Shaw-Ewald, registered Dietitian at the Tantallon Superstore, talked about our diets and which foods are best for brain health.

We heard that many experts consider the Mediterranean Diet and Dash Diet as the overall healthiest way of eating, lowering blood pressure and reducing the risk of heart disease and diabetes. By taking research from both diets, scientists were able to pull the key ingredients that specifically targeted brain health and combined the results into what is called the MIND Diet.

The MIND Diet focuses specifically on brain health, and is designed to prevent dementia and loss of brain function as you age. It's simple to follow - just eat more of the 10 foods the diet encourages you to eat (see panel on right), and eat less of the [five foods the diet recommends you limit](#).

## 10 BEST FOODS FOR IMPROVED BRAIN FUNCTION

**Green, leafy vegetables:** Six or more servings per week. This includes kale, spinach, cooked greens and salads.

**All other vegetables:** Aim to fill half of your plate at each meal with vegetables.

**Berries:** Two or more servings per week, fresh or frozen. Wild blueberries are especially beneficial.

**Nuts:** Five or more servings per week. Eat a variety of nuts that are raw and unsalted.

**Olive oil:** Use olive oil as your main cooking oil.

**Whole grains:** Three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, wholewheat pasta and 100% wholewheat bread.

**Fish:** 1-2 servings per week. Choose fatty fish like salmon, sardines, trout, tuna and mackerel for their high amounts of omega-3 fatty acids.

**Legumes:** Includes all beans, lentils and split peas. Legumes are a great source of plant-based protein. Include legumes in at least four meals every week.

**Poultry:** 1-2 servings of chicken or turkey per week.

**Wine:** One glass of red or white wine daily. Research has focused on the red wine compound resveratrol, which may help protect against Alzheimer's disease.



## Reusable bags: help us build on early success

The Bay Seniors Association Reusable Bags project will continue again this year - but we need some help.

We had a very successful first year, selling about 160 bags and donating \$1100 to the Bay Seniors

We continue to need donations of fabric, especially Christmas and Fall fabrics, and heavier fabrics such as canvas, tapestry, upholstery, brocade, poplin and denim. We need a minimum of 1/2 metre of any fabric.

Our next Pattern Cutting Day will be Friday, October 11, from 1 to 4 pm at St. Luke's Church in Upper Tantallon. We will cut the fabric into bag patterns for the sewers to use. A simple cutting template is provided, so



no previous experience is necessary. For more information, to volunteer or to donate fabric, contact Carol Pottie or Betty Learning at [reuseablebags@bayseniors.ca](mailto:reuseablebags@bayseniors.ca) or call the Seniors Office at 902-820-3334.

## Early call for Christmas dinner helpers

Plans are already underway for the Legion Christmas Dinner on December 7. This is an early call for helpers.

Association members are wonderful at supporting this event every year by volunteering to set up tables and chairs, set tables, prepare vegetables, cut desserts, slice turkey and whatever else needs doing.

On December 6 we start about 9.30 and finish around noon. On the 7th we deliver dinners to the housebound or disabled veterans in their home.

To volunteer, contact Beverly Carlsen at the Seniors Office at 902-820-3334 and leave your name and number.

## Play a part in growth of Treasure Chest

Bay Seniors is a proud partner of The Bay Treasure Chest. The Bay Treasure Chest fundraiser is now in its 6th successful year, funding community projects.

Some 230 volunteers from 14 community volunteer groups share in organizing and carrying out the weekly 50/50 count and draw. The Seniors Association is looking for new volunteers to help from 11.30 am to 4 pm on one or two Wednesdays each month.

For more information or to volunteer, contact Fred Dolbel at [fred@bayseniors.ca](mailto:fred@bayseniors.ca) or call the Seniors Office (902-820-3334) and leave your name/number.

# Break the fake: four tips to help you tell what's true online

Do you feel like you don't know who to trust on mainstream or social media? It can be tough to tell what's true and what's "fake news" just by looking at a headline.

And how do you know if the people making claims online can be trusted? Are they independent voices, or just peddling a product or pushing a conspiracy theory?

Media Literacy Week starts on October 7. With that in mind, here are four quick and easy steps to find out the truth and share good information. Sometimes you only have to do one of these things,

## Tip # 1

### Use Fact-Checking Tools

Sometimes a single search can break the fake, if a professional fact-checker like [Snopes](#) has already done the work for you.

The site has a [search tool](#) where you plug in a couple of keywords and discover if the item has been flagged as fake.

Or you can use MLW's custom [fact check search tool](#). Put the title or keywords in the simple search box.

If no reliable fact-checker has covered the topic yet, move on to Tip # 2 - Find the Source or Tip # 3 -Check Other Sources.

## Tip # 2

### Find the Source

Because it's so easy to copy and share things online, it's important to find out where something originally came from before you decide whether or not to trust it.

The easiest way to find the source is usually to follow links that will lead you to the original story.

In social media like Facebook or Twitter, the link is usually at the end or bottom of the post.

## Tip # 3

### Verify the Source

Whether you're looking at a website, a photo or video, or a news story, what really matters is whether or not the people who originally created it are trustworthy.

If the source isn't reliable you have no reason to believe their information.

To find out if a source is reliable, ask three questions:

*1 - Do they really exist?*

"About Us" pages and profiles are easy to fake, so use a search engine or Wikipedia to research the credentials of the source.

Some social networks, like Twitter and Instagram, verify users by putting a blue checkmark next to their name. This does not mean they're necessarily a reliable source, but it does mean that they are who they say they are.

*2 - Are they who they say they are?*

It's easy to pretend to be someone else online, so once you know the source really exists, you need to find out if what you're looking at really came from them.

## About Media Literacy Week

Media Literacy Week is an annual national campaign hosted by MediaSmarts and the Canadian Teachers Federation to promote digital and media literacy, with activities and events taking place in classrooms, libraries, museums and community groups from coast to coast to coast.

*3 - Are they trustworthy?*

For sources of general information, like newspapers, find out if they have a process for making sure they're giving you good information.

For more specialized sources, find out whether they're experts or authorities.

## Tip # 4

### Check Other Sources

The News tab is better than the main Google search for this step.

While not every source that's included is perfectly reliable, they are all news outlets that really exist.

MLW's custom news search, [bit.ly/news-search](http://bit.ly/news-search), searches ten Canadian and international sources of reliable news.

**Make sure to take at least one of these steps to double-check before you share anything you see online, every time. Because only you can break the fake.**

SOURCE: [MEDIA SMARTS](#)

## Member Story: a new feature



**Halina with CBC correspondent Joe Schlesinger in the burning oilfields of Kuwait. And (below) racing with CTV anchor Lloyd Robertson to beat a deadline at the Barcelona Olympics.**

## Forget the war - let's get married

A chance encounter in the Jordanian desert during the first Gulf War led to a lot of changes for a couple who, for the last 25 years, have called Tantallon their home.

"I was on assignment for the BBC," says Neil Everton. "I had no idea that I was about to meet a red-head who would become my wife and take me to a new life in Canada."

The red-head was Halina St James – on assignment for the CBC. Halina's regular beat had been covering politics with the CBC's bureau in Ottawa.

On one memorable day she survived a crash in a small plane with NDP leader Ed Broadbent. Off the political beat, she covered Olympic Games in Atlanta, Barcelona and Norway.

A few years after moving to Tantallon they quit journalism and set up a company to help people overcome the fear of speaking in public or being interviewed by the media.

Halina had been shot at in the Romanian Revolution. Neil had been arrested as a spy by Russian soldiers in



Afghanistan. But a bigger threat came in 2012. Halina had a stroke and lost the power of speech. Halina worked hard to get her voice back... singing her ABCs and re-learning how to write.

She made a complete recovery - and celebrated by delivering a speech in Newfoundland.

She has just published her fourth book and launched a new online training program for speakers.

"Nova Scotia has been our sanctuary," says Halina. "We couldn't live anywhere else."

## We want your stories

*Have you lived or traveled to an exotic location? Perhaps you have a surprising hobby? Or you've met famous people as part of your job? We are looking for members to share (or nominate a friend to share) their story at an upcoming monthly meeting of the Association and/or in the monthly newsletter. Email [monique@bayseniors.ca](mailto:monique@bayseniors.ca) for more information.*

## COMMUNITY EVENTS

### Pumpkin Cooking

Saturday October 19, 2 - 4 pm  
Tantallon Library

What do you do with all those pumpkin guts from your jack'o'lantern? Join Eric the Librarian as he attempts to make treats like toasted pumpkin seeds, curried apple and pumpkin soup... and maybe pumpkin pickles? Call the library at (902) 826-3330 to register.

### First Things First: Time Management

Wednesday, October 23, 6.30 - 8.30 pm

Tantallon Public Library

Do you feel like there are not enough hours in your day? Join us to learn tips and tools to achieve a better life balance. Call 902-460-4560 (option 2 for Chebucto) or register at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

## Association Events

### Recycling

**Thursday, October 17 at Shining Waters (2 pm).**

Loren Horwich (Local Waste Educator at Divert NS) will give an overview of the Waste Management System in HRM. She will explain "what goes where" to properly sort waste and give insights into the facilities and recycling products made in Nova Scotia. Bring in any small items to check if they can be recycled.

### Aerobics classes

**Wednesdays and Fridays, 10 - 11 am at Bay Community Centre, 11 Station Road, Head of the Bay**

Combine rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness. All aerobics classes are performed to music. No registration required. Drop-in. \$2 per class. For info email [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca) or call 902-820-3334.

There's a **chair aerobics class** for those with reduced mobility, each Monday morning at the Seabright Legion from 12 noon to 12.45. (\$2 a class). Members of the Seniors Association are welcome to stay after the class and join hosts the White Caps Club for activities (ranging from bingo to lobster dinners)

## COMMUNITY EVENTS

### Tantallon Village Farmers' Market

Every Tuesday until October 8, 2 - 6 pm

Corner of St Margaret's Bay Rd and Peggys Cove Rd

Fall is harvest time and the Tantallon Village Farmers' Market is blooming with 30 plus vendors every week. Offerings include fresh produce, berries, baked goods, and eco products, plus artisans and crafts and support for community groups.

### The Bay Grandmothers' Fall Fashion Show and Tea

Sunday November 3, 2 pm

Shining Waters Marina, 148 Nautical Way, Tantallon

Tickets (\$25) available from Susan Morse at 902-820-2312 or [susanmorse902@gmail.com](mailto:susanmorse902@gmail.com), Delish Fine Foods and Susan's Jewellery 'N Things.

Fashions, tea, sandwiches and sweets, door prizes, and a silent auction. Proceeds from the auction go to the Grandmothers Campaign (part of the Stephen Lewis Foundation), which supports community-based projects turning the tide of HIV & AIDS in Africa.

### Don't Hibernate...Participate

Monday, October 7, 1.30 - 3.30 pm

St Margaret's Centre

Does your physical activity tend to "cool off" with the temperatures? Join the Community Health Team to learn strategies to keep you exercising safely into the colder months. Call 902-460-4560 (option 2 for Chebucto) or register at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

### Explore the Mediterranean Diet

Thursday, October 17, 6.30 - 8.30 pm

JD Shatford Public Library

Learn how you can improve your health by following the Mediterranean way of eating. Call 902-460-4560 (option 2 for Chebucto) or register at [www.communityhealthteams.ca](http://www.communityhealthteams.ca)

### Scheduling Physical Activity Into Your Work Day

Monday, October 21, 6 - 7.30 pm

Lakeside Community Centre, 1492 St Margarets Bay Rd, Lakeside

Are you finding it hard to fit physical activity into your work day? Don't worry, you are not alone. Join us for practical ideas to start improving your workplace health with our Community Health Team Physiotherapist.

*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.*