



## Round-table explores 'age-friendly' housing options for Bay seniors

How do we make St Margaret's Bay an age-friendly community?

What needs to be done to help people stay in their communities as they age?

These are just a couple of the issues the Seniors Association tackled at a round-table discussion on housing needs for the area.

The association is working closely with the Stewardship Association to help shape the economic and social development of the Bay.

Fifty people attended the round-table at Shining Waters Marina.

The contributions from those who took part will be used to guide the association's housing committee on development of a housing strategy for the future.

The discussion was opened by Carol Evans.

Pre-prepared questions initiated a series of



conversations about types of housing, location, cost and resources.

Seniors Association director René Lavoie, a member of the housing committee, says the round table was an effective way to engage people on an important issue.

"A potentially precious resource is the knowledge and experience of those who have recently assisted their own parents through their last few years.

"Access to this knowledge would be most useful. It could be used to identify the positive as well the limiting factors associated with aging and living our last years in the Bay context, and to design a pleasant Seniors complex where people could age in

*Part of the round-table audience*

place among friends and in the proximity of the support services they need."

The Seniors Association envisions a multi-generational development which would include modestly-priced, efficient and environmentally-friendly housing of varying designs.

## Volunteers praised for 'making a difference'

The volunteers who do so much to support this Association were celebrated at the November 20 meeting.

President Doug Poulton and the directors thanked the volunteers for making 'a real difference to the lives of seniors in the Bay area.'

*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.*

## Act now to seek snow removal assistance

If you are a senior and you want help with snow removal, you'd better act quickly.

The [HRM snow removal program](#) is available to seniors 65 years of age or older and persons with disabilities in the Halifax Regional Municipality.

The program offers assistance to clear snow from steps, walkways, and access to fuel tanks.

To qualify you need to live in a single dwelling home that you own or rent, and total gross household income of all people living on the premises must be less than \$30,000.

Here's why you need to act quickly. The deadline for applications is December 1. Call the [YMCA](#) at 902-483-3678.

## Play your part in connecting Bay area communities

CC-Net is not three months old yet - but it's already making a valuable contribution to life around St Margaret's Bay.

CC-Net (Connecting Communities) is helping groups and organizations connect and coordinate their activities.

The result is the [Community Calendar](#), where members post events and visitors can quickly find out what's happening.

If you want to find out more you're invited to a public meeting at 7.00 pm Tuesday, December 2, at the Tantallon Library.

To learn more visit [www.CC-Net.org](http://www.CC-Net.org) or email [info@ccnet.org](mailto:info@ccnet.org)



## Human touch is key to successful weather forecasting

Peter Coade (above) entertained a well attended meeting with stories from his path to becoming the Maritimes' most-experienced meteorologist.

Peter is best known now for his early morning weather reports on CBC radio. But there's much more to his day than that. He makes detailed forecasts for three areas of New Brunswick, PEI, and five areas of Nova Scotia - as well as providing aviation and marine forecasts for the area.

Peter worked for CBC, CFRB in Toronto, and ATV before returning to the CBC in 2007.

Why do we sometimes get different forecasts from different sources? Peter talked about the advantage of having half a century of experience to apply to his work, compared to some other forecasts which are generated by computers.

Right on cue, a rainbow appeared over his right shoulder as he spoke.

## Treasure Chest boost for Seniors Association

The Seniors Association is pleased to announce the receipt of \$8,000 to the end of October from the Bay Treasure Chest fund raising campaign.

It's another great testament to the efforts of over 50 community and association volunteers, [14 local Bay retailers](#), the Royal Bank Tantallon, and The Masthead News.

The Seniors Association plans on using funds generated by the Bay Treasure Chest for initiatives related to housing, and to strengthen both the Information Centre and the website. It is also exploring additional avenues to serve Seniors in the Bay area, as funds allow.

Bay Treasure Chest organizers say they're pleased with public response to the fund-raiser. The Treasure Chest will continue through 2015.

### FUTURE EVENTS

Thursday, December 11 - Annual Holiday Event featuring the Bay Grannies, Paula Fredericks, and holiday treats - 2:00 p.m. at Shining Waters Marina

Monday, January 12 - new Tai Chi class starts on January 12 for an 8 week session. All current participants and any newcomers are welcome to register by emailing: [taichi@seniors.ca](mailto:taichi@seniors.ca) or calling 902-820-3334.

It's flu season  
Don't forget to get your  
flu shot.

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 [info@bayseniors.ca](mailto: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.