



IN THIS NEWSLETTER

Tips to avoid colds and flu this winter

Are your veggies loaded with toxins?

Bay Rides: affordable, accessible, helpful

Join us for our Holiday Party

Beat the flu: tips to avoid the winter sniffles

Pharmacist Jennifer Bell shared advice on staying healthy through the winter when she spoke at our November meeting. Her tips will help keep you out of the doctor's office, and may even save you money.

Jennifer, who works at the Atlantic Superstore, believes an ounce of prevention is worth a pound of cure. There are seven key ways you can reduce the chances of getting sick:

- Eating well
- Managing stress
- Getting enough sleep
- Regular physical activity
- Frequent hand washing
- Avoiding touching the face (that's how a lot of germs get into the system)
- Get a flu shot

What about supplements,



Pharmacist Jennifer Bell (left) and dietician Edie Shaw-Ewald shared health advice at our November meeting.

as a preventive or a remedy? Jennifer says she only recommends zinc lozenges. She thinks echinacea may help. But she says Vitamin C supplements are not necessary: it's better to get your vitamin C through food. And Jennifer says she's seen nothing to persuade her that Cold FX is beneficial.

If you do get a cold or flu, only time, rest and fluids will
(Continued on Page 2)

Are you at risk from the Dirty Dozen?

Are you regularly eating food that's on the Dirty Dozen list? That's the question posed by dietician Edie Shaw-Ewald at our November meeting. The Dirty Dozen are high in pesticides. Find out what they are, and what you can do, on Page 2.

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.

Beat the flu this winter

(Continued from Page 1)

get rid of it. But there are things you can take to help you feel better:










- Ibuprofen seems most effective for fever, headaches, muscle aches and sore throats.
 - Honey is very good at relieving the symptoms of a dry cough.
 - An expectorant may help accelerate the removal of phlegm associated with a wet cough. A cough that lasts more than two weeks should be seen by a doctor.
 - Decongestants can help with sinus congestion. But an oral decongestant may keep you awake, so be careful when you take it. A nasal decongestant may be habit forming, so use sparingly.
- Talk to the pharmacist before taking a supplement or new medication.

News in brief

The Seniors' Info Centre will be closed Wed, Dec. 21 thru' Monday Jan. 2, 2017 for Christmas holidays.

Aerobics will resume in January on Wednesdays and Fridays, starting Jan 4.

Tai chi will resume on Monday Jan 9. Book at taichi@bayseniors.ca. Classes will be held at the Community Centre at the Head of the Bay, 11 Station Road (10 am start).

Dirty Dozen (highest in pesticide)			Clean 15 (lowest in pesticide)		
 apple	 strawberries	 grapes	 avocado	 sweet corn	 pineapple
 celery	 peaches	 spinach	 cabbage	 sweet peas - frozen	 onions
 sweet bell peppers	 nectarines (imported)	 cucumber	 asparagus	 mango	 papaya
 cherry tomatoes	 snap peas (imported)	 potatoes	 kiwi	 eggplant	 grapefruit
			 cantaloupe	 cauliflower	 sweet potatoes

If you eat a lot of the Dirty Dozen, you could be eating toxins

Monthly Meeting

Avoiding the Dirty Dozen - and other tips on healthy eating

Not all bacteria are bad bacteria, dietician Edie Shaw-Ewald told our November meeting. In fact, eating plenty of 'good bacteria' is vital for a healthy digestive system.

Edie, who works for Atlantic Superstore, suggested yogurt is a great way to load up on friendly bacteria. And the fermented drink, kefir, is even better.

But avoid sweetened yogurts. The only ingredients you should see in your yogurt are milk/milk ingredients and bacterial culture.

Kombucha, sauerkraut, kimchi and miso are all sources of helpful bacteria. Look for sources that are found in the refrigerator section (not processed).

Wondering if you should buy

organic food? Check out the Dirty Dozen (see above). If there are foods on the Dirty Dozen list that you eat regularly, consider buying them from organic producers.

Looking to increase your vitamin C intake? Steer clear of supplements. Citrus fruits, red peppers, kiwis and broccoli are rich in Vitamin C.

Healthy fats are an essential part of our diet. Omega 3 fatty acids can be found in avocados, nuts and seeds, and fatty fish, such as salmon and herring.

Sugar, alcohol, smoking and a lack of sleep can make you more susceptible to getting sick. And avoid processed foods. The nutrient content is low and the additives are not healthy.

For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email info@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.

Upcoming Events

Make a date: join us for our holiday party

Holiday Party - join us for the Seniors Association of St Margaret's Bay Holiday Party at Shining Waters Marina on Thursday, December 8. The party starts at 2pm. A popular attraction at last year's party was the band Cardinal Points. We are delighted that they will rejoin us this Christmas, with more renderings of the sounds of the season. All members are invited to bring along a holiday treat to share with the group.

January meeting - 'Managing Osteoarthritis and Mobility: What you can do'. The speaker will seek to dispel some common myths about the condition. The session will include informal discussions with graduate students from the Joint Action Research Laboratory in the School of Physiotherapy. The meeting is at Shining Waters Marina, Tantallon, on Thursday January 19, starting at 2pm.

Something to say? Why not share it?

We're always happy to hear from you. Is there something you would like to share with SASMB members? Send your submissions to chantal@bayseniors.ca and we'll do our best to include it in our newsletter.

Seniors' Association Calendar of Events						
Contact the Seniors' Info Centre for details (902) 820-3334 or www.bayseniors.ca						
DECEMBER 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
			Nov.30 Aerobics 10:00 Bay Community Centre	1	2 Aerobics 10:00 Bay Community Centre	3
4	5	6 Seniors' Grocery Bus Sobeys	7 Aerobics 10:00 Bay Community Centre	8 Seniors' Association Holiday Party 2:00 Shining Waters	9 Aerobics 10:00 Bay Community Centre	10
11	12	13 Seniors' Grocery Bus Superstore	14 Aerobics 10:00 Bay Community Centre	15	16 Aerobics 10:00 Bay Community Centre	17
18	19	20 Seniors' Grocery Bus Sobeys	21	22	23	24
25 Merry Christmas!	26	27 Seniors' Grocery Bus Superstore	28	29	30	31 Happy New Year!

Our newest way of keeping you in touch with SASMB events

Did you see our new ad in the [Masthead News](#)? Look for the calendar (above) in 2017 issues of the Masthead to ensure you are aware of all the great things the Seniors Association of St Margaret's Bay is doing.

You may want to cut the ad out of the paper and stick it on your fridge.

There's still time to tell us how we can serve you better

We've been getting some really helpful responses to our communications survey about how our members would like to receive information.

We are always happy to hear from more people. The survey is online and can be found at <https://www.surveymonkey.com/r/SASMBcommunicationsurvey>. Paper copies are available at the Information Centre.

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Food donations and old eye glasses needed

The Neighbours Helping Neighbours group wants to draw your attention to some easy ways to help out in our community.

The St. Margaret's Bay Food Bank is always grateful for donations. Urgently needed items include winter clothing, instant coffee, canned milk, peanut butter, snack items for children, canned fruit, tooth paste, deodorant, toilet paper and shampoo.

The St. Margaret's Bay Lion's Club is collecting used eye glasses. Prescription, reading, safety or sunglasses can be dropped off in a Lion's Club collection box (locations include Sobeys, St. Luke's Church and the St. Margaret's Centre).

News from our partners

Driver-refresher: the 55 Alive Driver Refresher Course is designed to help Canadians over the age of 55 maintain their independence and driving privileges. The course is free for anyone over 65 (\$25 for those aged 55-65). A course is being scheduled for January. For information contact judy.beaton@ns.sympatico.ca telephone (902) 816-9175.

Diabetes test: the risk of getting diabetes increases as we age. The Canadian Diabetes Association is encouraging everyone to take a short test to learn their risk level of for developing type 2 diabetes. The test can be found at www.diabetestest.ca.



CC-Net: Member Profile

Bay Rides: affordable, accessible transport for the whole community

Have you tried Bay Rides yet? If you are looking for affordable, accessible, door-to-door transportation in the St Margaret's Bay area, Bay Rides could be the perfect solution.

Rates vary based on trip distance. If you are travelling within 5 km of the crossroads area it'll cost \$5 return. Beyond 5km (within the catchment area) the fare is \$8 return. Trips outside of that zone, and on evenings and weekends, are based on driver time and kilometres

BayRides uses Bay Treasure Chest Funds to help keep fares affordable and provide subsidies to riders in need.

In collaboration with the Seniors Association of St. Margaret's Bay, Bay Rides operates a Grocery Shuttle for seniors on Tuesdays, alternating weekly between Sobeys and Superstore in Tantallon. Call (902) 820-3334 for book your space.

But this is not just a service for seniors and shoppers. BayRides is for everyone in the community. Rides need to be booked at least 24 hours in advance, though occasionally same-day requests can be met.

Bay Rides' drivers are screened and trained to help riders who may appreciate a little extra assistance: holding doors and assisting with parcels and groceries, as needed.

Here's how to contact Bay Rides:

(902) 820-6600 main line

dispatch@bayrides.ca to book a ride

info@bayrides.ca for general inquiries

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