



Bay Seniors

NEWSLETTER



IN THIS EDITION

A bright new look for your Association website

Joan Redmond recalls her most memorable trip

Children host Seniors for stories and dress-up

Simple strategies that could prevent a fall

Our new website: easy to read, easy to use, more resources

We are very excited to announce that after months of hard work by our volunteer website renovation team, your new bayseniors.ca website is now live.

Highlights include:

- Updated, modern design with legible text
- User friendly navigation to help you find what you need quickly and easily
- Recent News and Upcoming Events sections right on the homepage
- Information on all Bay Seniors Activities and Projects to make it easier to come out and join us
- Updated resources section

We welcome feedback and content contributions via info@bayseniors.ca, as we continue to make improvements to meet the needs of our members.

Have a look around our new site



Welcome!

Established in 2009, the Seniors Association of St. Margaret's Bay (Bay Seniors) is a not-for-profit registered society whose purpose is to provide housing and accommodation for seniors; to research and represent the interests of seniors living in the greater St. Margaret's Bay area; and to promote and participate in the development of wellness living for seniors in the area.

and let us know about your experience.

Navigation around the new site is very easy. If you are looking for information about health, housing, finance, legislation or local support groups, click the tab marked **Resources**.

If you are interested in the grocery bus, excursions, fitness, the book club or our monthly meetings click the **Activities** tab.

Click on the **Projects** tab

for everything you need to know about community projects like Bay Expo, Bay Treasure Chest, the Community Enterprise Centre, Neighbours Helping Neighbours, Reusable Bags or the Seniors Information Centre.

Of course, volunteers are the backbone of our Association. Click on the **About Us** tab if you are interested in volunteering and playing an active part in the community.



Waste expert Loren Horwich shares her recycling tips

Recycling expert provides the answers on ‘what goes where’

Loren Horwich, Local Waste Educator at Divert NS, joined us at our October monthly meeting to talk about recycling in HRM.

We learned that in HRM, we have 5 waste streams:

1. blue bag recycling
2. paper recycling
3. corrugated cardboard recycling
4. green bin (organics)
5. garbage

Out of all the streams, blue bag recycling gets the most questions as there is such a variety of what can go into the bag. Loren’s top tips are summarized in the panel on the right.

HRM has been collecting recyclables since 1992, at the recycling plant in Bayer’s Lake where everything is sorted by hand. What is accepted in recycling is based on the need and a market for that particular material.

We learned about innovative projects in Nova Scotia that take old plastics and turn them into recycled plastic lumber and furniture, carpet and even a soft fibre that feels just like cotton.

Although most of our time with Loren was spent talking about recycling, she reminded us about the 3 R’s - Reduce, Reuse and Recycle - with the first in the list being the best solution for the environment.

Even if you are a diligent recycler, remember to reduce first, maybe supporting your local farmer’s market to reduce the amount of food packaging, using cloth bags instead of plastic or keeping your own reusable straw or coffee mug in your car. The less you use, the less that has to be recycled.

Here are some of Loren’s tips for blue bag recycling

1. HRM is now accepting old **metal pots, pans** and cookie sheets (plastic handles are ok).
2. When recycling **plastics**, ask yourself, is this a container? If it is made of plastic but is not a container, it can’t go into the blue bag.
3. All **caps and lids** must be removed from containers (these DO NOT go into the blue bag). Instead of throwing them in the garbage, you can collect all caps and bring them into your closest Enviro Depot. The caps are used as part of a new pilot project in Nova Scotia to aid in wastewater treatment.
4. **Paper labels** DO NOT have to be removed from containers. The paper is burned up when the plastic recyclables are melted down.
5. **Food containers** DO NOT have to be scrubbed clean. Containers have to be empty but not spotless; like paper labels bits of food residue is burned up in the melting process.
6. Use the **‘rule of thumb’** when determining if a plastic can be recycled. If you can use your thumb to stretch the plastic it can be recycled, if it does not stretch it can not be recycled. That means no hard plastic packaging and bags, plastic cutlery, plastic straws or Keurig cups.
7. **Bundle all soft plastics** into one plastic bag. This makes it easier to sort on the assembly line at the recycling plant.

You can find the complete list of what goes where at halifax.ca/recycle



Bay Seniors members were invited to join the children and teachers of Giant Steps at French Village as part of their new Intergenerational Program. The idea is that by bringing generations together, both children and seniors can learn from each other. It was a great way to spend time together, sharing stories and even dressing up. There's another chance for members to attend Giant Steps on Thursday November 28th. Look out for paper invitations at our November meeting. For more information, contact Michelle MacLean at michmaclean@eastlink.ca

New community website helps people connect, share, discover

'Discover St.Margaret's Bay' is a new community website for the St.Margaret's Bay area, connecting residents and visitors with events, recreation, volunteer groups, resources and services available in the Bay.

It gives local businesses, not-for-profits, community organizations and individuals a platform to communicate and connect.

The St. Margaret's Bay Community Enterprise Centre (smbcec.org) is pleased to be the home for Discover St.Margaret's Bay.

The website's volunteers welcome content contributions by email to: info@discoverstmargaretsbay.ca.



Any local business, not-for-profit and/or community organization is welcome to submit a listing to the Local Directory, Community Calendar and/or the Bulletin Board by signing up for a free user account.

Discover more about your community through discoverstmargaretsbay.ca

If you have time, we have a job for you

Bay Seniors encourages members to share their skills and life experiences by volunteering for association projects and activities.

We are currently looking for volunteers for the following roles:

Co-leaders to assist Bay Seniors activity and project committees. A full list of our activities and programs can be found on our website at bayseniors.ca.

Bay Seniors Information Office volunteers (Tuesdays between 10 am and 2 pm, and occasionally on Thursdays between 10 am - 2 pm). Responsibilities include answering the telephone or meeting with individuals who visit the office, providing information on Bay Seniors activities and projects, and accepting new registrations.

Fabric cutters and sewers for the Reusable Bag project. A simple cutting template is provided, so no previous experience is necessary. Sewing kits are provided and can be sewn at home.

Grocery bus helpers to accompany shoppers, giving whatever help is needed. The 2.5 hour commitment includes a social gathering with refreshments provided by the grocery stores.

For more info, email us at volunteer@bayseniors.ca, or call our office at 902-820-3334.

Tips to help you avoid the leading cause of injuries to seniors

Did you know that:

- Falls are the leading cause of injury among older Canadians
- 20-30% of seniors experience one or more falls each year
- Falls are the cause of 85% of seniors' injury-related hospitalizations
- Falls are the cause of 95% of all hip-fractures
- 50% of all falls causing hospitalization happen at home

You can reduce the risk of falls by following some simple strategies, most of which take less than a minute.



Personal risk factors

Personal risk factors can include: vision, hearing, balance problems, dizziness, weakness, medications, pain, chronic illness, footwear.

Tell your doctor if you often feel dizzy or lightheaded. There are many different causes of dizziness, including some medications.

Once a year, have your doctor or pharmacist review all medications. As you age, the way some medications affect you can change and increase your risk of falling.

Have your eyes checked every year.

Keep open communications with your healthcare provider about any concerns!



Known environmental hazards

Environment hazards can include: lighting, clutter, spills, uneven surfaces, stairs, rugs,

flooring, furniture.

- Keep pathways, halls and stairways well lit and clear.
- Install grab bars and use walking devices as needed.
- Watch out for ice, cracks and uneven surfaces.
- Wear shoes that support your feet.
- Avoid rushing and doing too many things at once.



Keep active, eat well, hydrate

Regular exercise can increase muscle strength, improve balance and help prevent you from falling. Take part in activities that improve your balance such as Tai Chi.

Follow Canada's Food Guide. Choose foods from the four food groups at each meal.

Dehydration can make you dizzy. Drink water often, even when you're not thirsty.

You may not get all the calcium and vitamin D you need from foods. Talk with your healthcare provider to see if supplements are right for you.

This is Fall Prevention Month

For more information and resources, visit fallpreventionmonth.ca or bayseniors.ca/health

Housing group seeks helpers

Affordable housing close to home is a concern for many seniors.

And it's a priority for the St Margaret's Bay Housing Coalition. The Coalition, in collaboration with Bay Seniors, is working toward creating community supported multi-generational housing and providing affordable housing for seniors, families and people with disabilities.

The Coalition is looking for new members to help with communications, finance, business plans and some leadership responsibility.

For more information please contact: Nancy Gilbert (902-826-7050) or email gilbertnancy@hotmail.com

Free program offers medical aids

The St. Margaret's Bay Lions Club provides a wide range of medical equipment for area residents, through a free lending program.

For more information, contact Leonard Bugbee at bugbeel@eastlink.ca or call 902-823-3001.

Member Story: a new feature



Beautiful temples - but watch out for landmines

I think I was born with the 'Travel Bug', and I know that I acquired it from my mother.

She and I travelled to places like parts of Canada and the US, Cuba, Venezuela, Costa Rica and Hawaii.

As much as I enjoyed these trips I think the most moving and awe inspiring was the trip made to Angkor Wat, near Siem Reap, Cambodia.

This is a site that dates from the 6th to the 8th century. It is

JOAN REDMOND (inset above, with guide) recalls one of her most memorable trips.

beautiful beyond imagination. The temples, the walls, the history, the people.

Temples with the most intricate carvings you will ever see. Walls carved with a parade of elephants. Temples with several levels.

It is hard to imagine just how these magnificent buildings

We want your stories

What is your experience living in Nova Scotia? Have you lived or traveled to an exotic location? Perhaps you have an interesting hobby? A funny story from raising children? Or a story from your pre-retirement career? We are looking for members to be interviewed for the Member Story feature. Email monique@bayseniors.ca for more information.

were created at that time period with the tools available to them.

My husband and I had a wonderful guide who even took us to see the sun come up over the temples.

I was brave and climbed as many of the temples as I was allowed; husband and guide stayed on ground level.

We had to be careful to stay on the paths as there are still undetonated land mines. It is not unusual to see victims of these mines: people who have lost feet, legs and arms as they worked in the fields or walked the paths where the mines were hidden.

It is a country that has suffered the turmoil of war and the impact of poverty. But in spite of this history, it is a country with a beautiful culture, where the people are proud of their heritage and where several languages are spoken. A truly awesome country with so much to offer.

Association Events

Care for Caregivers

Thursday, November 21 at Shining Waters (2 pm).

Roseanne Burke, a Dementia Care Consultant, will talk about Care for the Caregivers. We will learn how to reduce caregiver stress and improve quality of life.

NEW - We are opening the mic to our members at our monthly meetings. At the end of each meeting there will be an opportunity to share your stories and experiences on a particular topic.

Aerobics classes

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

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines, with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).

All aerobics classes are performed to music. No registration is required. Classes are drop-in style and cost \$2 per class. For more information email fitness@bayseniors.ca or call the Seniors' office at 902-820-3334.

COMMUNITY EVENTS

Services for Seniors Exposition

Monday November 4, 2 - 4 pm
Black Point Community Centre, 8579 St. Margaret's Bay Road

Learn about the services and programs available to you in our area. Need a free ride? We can get you one on Bay Rides or Community Wheels. Let us know you are coming 902-826-0222 or e-mail: info@hughmackay.ca. Walk-ins welcome. Tea, coffee and snacks provided.

Halifax Volunteer Conference

Friday, November 15 & Saturday, November 16

Atlantica Hotel Halifax

Now in its 19th year, the Volunteer Conference celebrates volunteers while giving them opportunities for training and networking. The conference includes a wide selection of interactive workshops, experienced speakers, lunch and networking opportunities.

For more information and to register visit www.halifax.ca/volunteerconference

Open Mindfulness in the Bay

4th Sunday of the Month, 2.30 - 4.30 pm

Tantallon Public Library

This program introduces the

power of Mindfulness/ Meditation free to the St. Margaret's Bay Community, once per month over a seven month period. Everyone has the capacity to meditate but there are techniques that need to be understood and practiced on a regular basis.

Adventures in Bubbles & Brine: Fermentation Stories & Recipes with Philip Moscovitch

Wednesday November 6, 6.30 pm - 8.30 pm

Tantallon Library

Philip Moscovitch, author of the book Adventures in Bubbles and Brine, shares the histories of Nova Scotian fermented foods and drinks. He talks about people reviving and expanding these traditions, and demonstrates how to make some of your own ferments at home. Call the library at 902-826-3330 to register.

Remembrance Day Ceremony

Monday, November 11

Remember those who have made the ultimate sacrifice for our country, and honour those who served and continue to serve today by attending a Remembrance Day service.

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