



Bay Seniors NEWSLETTER



IN THIS EDITION

Music and dance can help with dementia care

Patrick Ryall's memories of John Diefenbaker

Grocery bus service needs helpers

The strange things that kids say

Fun for all at Christmas in the Bay

A spectacular fireworks display provided a great finale to this year's Christmas in the Bay celebration - but it was only a part of a day full of treats and surprises for all ages.

Santa, Spiderman, The Grinch, Anna and Elsa all dropped by to join the party.

And there were complimentary treats like hot chocolate and popcorn to help chase away the cold.

[Christmas in the Bay](#) was started by the Chamber of Commerce as an evening celebration.

Now a hard-working group of volunteers bring together not for profit organizations and businesses in St Margaret's Bay, and it has grown into an all-day affair with events all around the Bay.

The Safety Minded ATV Association ran ATV hay rides from Cavicchi's Meats and The Bike and Bean, to Redmond's and the Rustic Crust.



The Tantallon library organized crafts for children, there were carol singers, three local craft fairs, the Fire Department dropped by with two trucks, and many businesses held events and open houses. Bay Seniors was the first not for profit organization to come on board to donate

money towards the fireworks display. Soon other Bay Treasure Chest partners joined in with donations, and the event was awarded a Bay Treasure Chest Honorarium. What started as a small event planned by a small group of volunteers has grown and now involves 29 community sponsors.

Use music, dance and poems to connect to people living with Alzheimer's Disease

Dementia is an umbrella term that includes Alzheimer's Disease.

Dementia is a physical condition of the brain that changes everything over time.

It is not something a person can control and is different for every person.

It is very difficult for the person living with dementia, and it's difficult for their family, but at our November meeting dementia care consultant Roseanne Burke talked about things we can do to help - even though there is no cure.

Slow down

Since vision and language are affected with dementia, caregivers should slow down, approach from the front and do not touch until you have connected visually and verbally.

Phrases to avoid

It is helpful to speak slowly and in simple sentences and avoid saying, "Remember I told you..." and asking "Who am I?".

Simplify questions

Roseanne suggests avoiding open ended questions: instead frame your questions so they can be answered with a simple yes or no.

Connect with rhythm

The right temporal lobe functions are preserved with dementia, which means



Roseanne Burke (above), a Dementia Care Consultant, joined us for our November meeting.

faculties involving rhythm remain intact. Singing, dancing, spirituality and poetry are great ways to connect with a person who has dementia.

To provide the best care possible for the person with dementia, care providers can learn about dementia and the symptoms, develop helpful communications and organizational skills, and build resources.

Care providers need to remember that it is important to take care of themselves. Don't feel you are alone in trying to deal with this challenging condition. Know what resources are available, and don't be afraid to use them. We list some in the panel on the right.

Dementia: 10 warning signs

17,000 Nova Scotians live with dementia. Here are some resources, and ten warning signs to watch out for.

1. Memory loss affects day to day abilities
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation in time and space
5. Impaired judgement
6. Problems with abstract thinking
7. Misplace things
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative

Resources

The Alzheimer Society of Canada produces information brochures and fact sheets on a wide variety of topics. They are available online, or you can order hard copies directly from The [Alzheimer Society of Nova Scotia](http://www.alzheimer.ca/nova-scotia) by phone 902-422-7961 or toll free 1-800-611-6345, e-mail alzheimer@asns.ca, or in-person.

The Alzheimer Society of Nova Scotia and the Nova Scotia Public Libraries have partnered to provide a collection of books and videos on Alzheimer's disease and other dementias. You can borrow these items from your local Public Library.

More volunteers needed to support grocery shuttle shoppers

Do you have a Tuesday morning available to help support a service that provides seniors with independence, freedom - and in some cases a chance to continue to live in the Bay?

Since 2016 Bay Seniors and BayRides have been working in partnership to provide a weekly free Grocery Bus Service to seniors living in our community.

The Grocery Bus picks up shoppers on Tuesday mornings from communities as far apart as West Dover and Queensland, drives them to Sobeys or Superstore in Tantallon where volunteers assist with shopping, followed by a social gathering at the store and a return trip back home.

The program has been received so well that all BayRides vehicles are full and the program is currently at capacity.

Announcements will be made when new spots on the Grocery Bus become available.

"It is very exciting to see how well the program is doing," says Bay Seniors President, Rebecca Weickert. It's a great service – and a great chance to be of service in our community."

But there is a need for more helpers. The Grocery Bus would love to welcome new



The free shuttle to Superstore or Sobeys gives seniors a chance to socialize as well as shop. One regular user talked about what the shuttle meant to her: "Thanks to BayRides, I can take the grocery shuttle and I can do my own errands when I want to. I no longer feel I'm a burden on friends and relatives. I no longer have to stress myself about moving into the city. I can stay in my own home."

volunteers to their team. The 2.5 hour commitment on Tuesday mornings includes greeting participants as they disembark the buses and providing assistance during shopping.

That assistance can include lifting items down from shelves, filling and pushing carts.

Volunteers are welcome to join the social gathering after shopping. Refreshments are provided by the grocery stores.

Interested volunteers are encouraged to fill out the volunteer form on the Bay Seniors website (bayseniors.ca/volunteer).

Or you can email volunteer@bayseniors.ca, or pop into the Bay Seniors office at the Community Enterprise Centre, Unit 1 – 5229 St. Margaret's Bay Road.

The office is open on Tuesdays and Thursdays between 10 am – 2 pm.

Any new volunteers will be a welcome addition to our team of helpers.

"We thank our current volunteers for their continued support and Bay Rides for their contributions and courteous drivers," says Weickert.

High school students seek ways to help seniors

A group of high school students from Sir John A. Macdonald High School have chosen to volunteer with our Seniors Association, and they want to know how they can help.

Send your volunteer collaboration ideas to Michelle MacLean at michmaclean@eastlink.ca.

Kids say the strangest things

Our members share some memories



Suzanne Pelham shared this memory:

Henry and Helen (8 and 5) like to come into our bed when they're staying overnight.

Sunday morning, Helen asked Nana to go with her to the bathroom. Henry replied: "Helen, how do you manage at school? You have to go to the bathroom by yourself."

Helen retorted: "Henry, it's not dark when I'm at school."



Beverly Carlson won't forget this in a hurry:

My daughter was walking in a Mall with her 8 and 6 year olds when they spotted a gentleman with one leg, walking with the aid of crutches. The kiddies were extremely curious and Mum was trying to discourage them from staring and commenting. Finally Mum went up to the man and asked if the children could ask about his leg. He was more than willing and explained he had had cancer and the doctor removed the leg. And, he said, that was why his pant leg was pinned up. The kids considered this for a bit and then the six year old asked "Is that where your penis is now?" My daughter nearly died of embarrassment. After apologizing, the two kids were promptly hustled out of the store.



Fred Dolbel still remembers this comment:

When our daughter Carol was about age 2, she crawled on top of her mother (Betty) still in bed one morning, pried up one of Betty's eyelids, looked in and said "Up, mom?"

We still use the "Up, mom?" between ourselves 45+ years later.

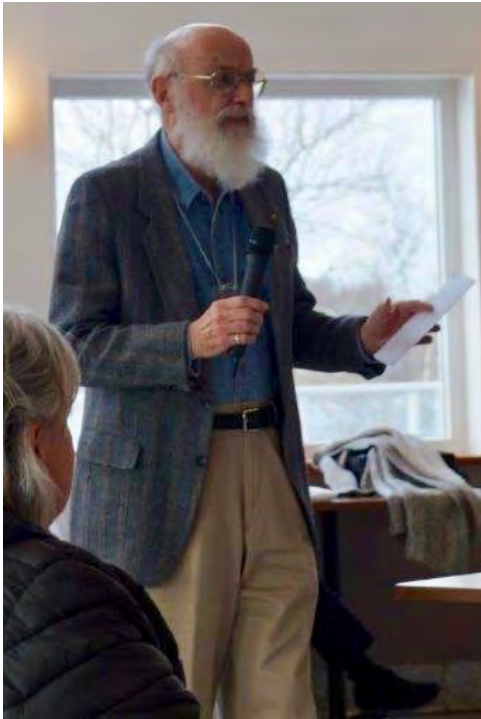
A Christmas memory from Joan Redmond:

We were a total of 10 family and friends sitting down to our Christmas Dinner, music softly playing in the background, when my 5 year old speaks up: "Mommy, what's a virgin?" Everyone stopped talking and looked at me. I swallowed and replied "A lady who hasn't had sex". To which the 5 year-old replies "That's sad" and continued eating. There were smiles and giggles around the table.



Member Story

Hitching a ride in a hearse to chat with Dief the Chief



PATRICK RYALL (above) recalls a memorable encounter with John Diefenbaker. Patrick shared his story at our November meeting

Whenever we have a federal election it brings back a memory of the old days.

In 1965 I was an undergraduate student at Dalhousie. Lester Pearson was Prime Minister, leading a minority government. In 1963 he had defeated John Diefenbaker who had been Prime Minister, but was now leader of the opposition.

In 1965 there was an election and the PC's had a major event at the Queen Elizabeth High School in Halifax. I went to that event with a few of my friends –

most of us walked and one guy drove.

After all of the speeches, there was a limited question period and none of us had a chance to get involved. We were annoyed that we had not been able to ask Diefenbaker about anything.

We got the idea that maybe we could talk to Diefenbaker after the event, but he was going to be driven to his hotel.

We asked where he was going and were told he was staying at the Lord Nelson Hotel.

We decided we needed to get there before he did, so we got into our friend's vehicle, an old black hearse, and went and parked on South Park Street across from the hotel and walked into the lobby.

In a few minutes Diefenbaker arrived along with his wife, Olive.

We approached him and he was quite willing to stand and talk with us for quite a while. Olive went upstairs to their room.

Part way through the meeting one of us mentioned that we were so pleased that he would take his time to talk with us.

He mentioned that when he was a young man he used to sell newspapers at the side of the street and he sold one to Sir Wilfred Laurier, the Prime Minister of the day, who was happy to talk to him. Our conversations continued for

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.



John Diefenbaker as Prime Minister, 1961. (Photo: White House)

about twenty minutes until Olive came and told him he couldn't spend anymore time with us because he had lots of other important things to do.

So, we all said goodbye.

I wonder if you could get a meeting like that these days, with all of the security?

Association Events

Christmas Party

Thursday, December 12 at Shining Waters (2 pm).

Join us at Shining Waters Marina for our Christmas Party. It's a wonderful opportunity to share Christmas greetings with friends, enjoy good music and food, and have a good time.

The reusable bag team will be selling during the meeting - bags are \$8 each or 3 for \$20.

We are inviting everyone to bring something to share.

Perhaps a veggie/cheese tray or humus/crackers, or delight us with your favourite Christmas recipe.

As we may have some members with restrictive diets we encourage people to mark their food as gluten free or nut free if applicable.

Aerobics classes

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

Aerobics is great for improving all elements of fitness (flexibility, muscular strength, and cardiovascular fitness).

No registration is required.

Classes are drop-in style and cost \$2 per class. For more information email

fitness@bayseniors.ca or call 902-820-3334.

COMMUNITY EVENTS

Christmas at the Barn

Saturday, December 7, 8 am - 12 pm

Hubbards Barn

Missing the summer markets? Check out the [Hubbards Barn Christmas market](#).

Outdoor Holiday Market

Saturday, December 14, 4 pm - 7 pm.

Rhubarb, 8650 Peggys Cove Rd, Indian Harbour

Come join us for a late afternoon outdoor holiday market. Local artisans, an outdoor fire, live music, homemade chili, warm apple cider and a special guest appearance by someone joining us all the way from the North Pole.

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

to be understood and practiced on a regular basis.

Wednesday Library Social

Every other Wednesday, 1 pm - 2.30 pm

Tantallon Public Library

Tantallon Public Library, in partnership with BayRides, is hosting a social gathering in the library every other Wednesday afternoon for adults. Coffee, tea and light refreshments will be provided, and there will be some fun learning opportunities as well.

If you require a complimentary return ride from home to the Library courtesy of BayRides, please call to make arrangements. To register, call the Tantallon library at 902-826-3330.

Friday Games Social

Every Friday, Tabletop & Card Games at 12.30 pm - 2.30 pm, Bridge 1 pm - 4 pm.

Tantallon Public Library

Join us for a weekly afternoon of fun. You can come to enjoy the hobby, meet new people, and play some great games! Bridge is drop-in, mixed kitchen-style bridge and social time takes place weekly. All new members with some experience with this style of Bridge are welcome to join.

**Tell us about
YOUR events:
call
902-820-3334**

Established in 2009, the Seniors Association of St. Margaret's Bay (Bay Seniors) is a not-for-profit registered society whose purpose is to promote and participate in the development of wellness living for seniors; to research and represent the interests of seniors living in the greater St. Margaret's Bay area; and to provide housing and accommodation options for seniors. For more information about any of the topics in this newsletter, visit our website www.bayseniors.ca or contact the Seniors Information Centre: email 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.