



# Bay Seniors NEWSLETTER



## IN THIS EDITION

How to save money while cutting food waste

Tips to help you avoid painful falls

You share favourite books - past and present

How dance classes opened door to love

## Eat well while cutting waste and saving \$\$\$

How can we reduce food waste, support local farmers and feed ourselves good quality food more economically?

Marilyn MacDonald and Joanne Ellis came to our February 20 meeting to explain how this trio of benefits is available every month from the Square Roots program, which is run out of St. Luke's United Church in Upper Tantallon.

Participants are asked to pre-order for the food-sharing events, which are held the last Sunday of each month. The next one is March 29 at St. Luke's, between 9 am and noon.

Explaining that Canada sees \$30 billion in food waste each year, "and yet Nova Scotia has the highest rate of food insecurity in the country,"

Marilyn said the Square Roots program sells 10 lb. bundles of locally grown vegetables and some fruits—"root veggies and apples are what we have these days," she noted—for \$10 a



bundle or \$5 a bundle for those who cannot afford to pay more.

The produce sold by Square Roots is considered to be too small, too big or too misshapen to be acceptable for purchase by grocery stores.

As Joanne said, "these vegetables are 'seconds', but there's nothing wrong with them, other than being a little ugly."

The homeliness of the produce isn't worrying the program's customers: Square Roots is currently ordering 500 or more pounds of food each month to sell 50 to 55

bundles each time, and the program is growing.

A trade table is set up on days where there is a surplus, so customers can trade a non-preferred vegetable for a preferred one, said Marilyn, who added, "you either love or hate parsnips, so parsnip trading happens quite a bit."

At the end of each sale event, surplus produce is donated to the St. Margaret's Bay Food Bank, which is currently helping feed 104 families.

To sign up for the program or for more information, visit [squaresrootsfood.ca](http://squaresrootsfood.ca) or call 902-826-2523.

# Alert system ensures speedy help for victims of falls in the home

The Bay Seniors monthly meeting was a full and lively one on February 20, with several guest speakers and a chairside exercise break.

Tisha White, (right), program manager with Northwood, described Northwood's Intouch medical alarm program, which supports people at risk of falling, often identified because of a previous fall.

Tisha explained the not-for-profit program consists of a button worn around the neck or wrist, designed to detect falls and connect the user through the telephone to a trained operator. The operator then contacts an appropriate support, generally either a person designated by the program user or an ambulance.

Tisha said while people often see Northwood as "primarily a nursing home, 90 percent of the people we support live in their own homes."

The Intouch program is intended to help facilitate that goal: 33 years ago, when the program started, Tisha says, "it supported 25 clients in the Halifax area; today, nearly 3,000 people across Nova Scotia use the program, which is delivered by Northwood in partnership with various service clubs." Thirty of those clients are over 100 years old. And while the alert system is intended mainly to support people at risk of falling, it can be useful to summon help in any emergency. For example,



Tisha said, "one client even used the call button during a home invasion."

(You can read that story at <https://www.cbc.ca/news/canada/nova-scotia/i-scared-them-off-woman-83-uses-medical-alert-device-to-call-for-help-after-break-in-1.4996071>)

Clients may self-refer, and the current basic program costs \$43/month for one user, plus \$5/month for every additional user. Funding is available for lower-income users, though these subsidies do require an assessment.

Tisha said having an alert program linked to a cell phone instead of a landline is "the wave of the future," and a model for this is currently in the trial stage, but for now, the system works only inside the user's home.

For more information on Northwood's Intouch program, call 902-492-3346 or visit <https://northwoodintouch.com/>

## Tips to keep you fall-free

Keep moving. Maintaining muscle tone, strength and balance ensures we lift our feet sufficiently when walking, reducing our tripping risk.

Eat well, sleep enough, have regular medication reviews and be mindful of alcohol and cannabis consumption.

Get regular medical checkups: dizziness, arthritis and impaired vision increase your fall risk.

Make sure lighting is adequate. Keep a nightlight on at night in case you have to get up (especially if you're travelling and less familiar with the room where you're sleeping).

Keep walking paths clear of tripping hazards.

Remove scatter mats or equip them with non-slip strips.

Be cautious when navigating transitions in floor surfaces. Thick rugs adjacent to hard-surface floors may be a risk.

Train pets not to get underfoot.

Remove outdoor footwear immediately when coming indoors, and have seating near the door to facilitate changing shoes.

If you wear grippers on your boots, remove these before stepping inside, as these are usually slippery on flooring.

Wear suitable shoes indoors: running shoes have been found to be the safest—provided your shoelaces are tied.

# Memorized phone number leads to lasting love

By Betty and Fred Dolbel

*Inspired by Melan Sapp's and Suzanne Pelham's love stories in the February newsletter, Betty and Fred thought they'd add their lucky-in-love story for this issue.*

A newly graduated RN in 1966, Elizabeth Anne MacLean travels up the road with a friend, who is also from Moncton, so they can practice their nursing profession in the Henderson Hospital in Hamilton, Ontario.

In the meantime, a farm boy named Fred, from Lowville, Ontario, having recently graduated from wearing pocket protectors, is pursuing his first real job with Aylmer-Del Monte, also in Hamilton.

Fred is trying to figure out how to meet a 'nice' girl, and a bar doesn't seem quite right. Betty thinks that taking ballroom dancing lessons at the Valvasori Dance Studio might be worth a try.

After ruling out bars, Fred's best idea is to take ballroom dancing lessons at the Valvasori Dance Studio. Among about 30 strangers learning to foxtrot, waltz, jive and cha-cha, and as dance partners change up and down the room, Fred finds this one young lady who kind of snuggles up nice and close while they dance.

Another gentleman, spying the two lovely ladies from Moncton, invites them out for a coffee, and includes Fred to make a foursome. The other gentleman asks Betty for her phone number. Fred, despite now being without his pens and pocket protector, memorizes her phone number as she recites it to the other fellow. (Luckily, phone numbers were only seven digits back then, and Fred's memory was a lot better in the 60s.)

Boy calls girl, girl says 'yes'. And the rest is history.

Fred says: The real story is that we still don't dance very well, but we sure have a great married life together.



## Remembering Donna Thomas-Mattholie

The Bay Seniors family was deeply saddened by the sudden passing on February 6 of Donna Thomas-Mattholie, a tireless and passionate community volunteer, church member and Bay Seniors board member. We offer our heartfelt condolences to Donna's husband, Ray Mattholie, and her daughter, Sheila Thomas, and the many family members and friends whose lives were enriched by knowing and loving Donna. Some of her friends look forward to sharing memories of Donna in our April newsletter.

## Reader Round-Up: It's Book Month

# We asked: 'What are you reading and why do you recommend it?'

### Heather Thompson:

I'm reading *Love and Ruin* by Paula McLain. I have always been drawn to historical novels that tell about women who are strong and resilient, and who make decisions that may result in difficult changes in their lives, but in the process discover their own worth and value.

### Richard Learmonth:

I just finished John Grisham's *The Partner*. I have almost all his novels in a first edition, but my favourite author is James Michener, and I have all his published books. Reading is better for the mind than TV.

### Sharon Jessup Joyce:

I'm currently reading Brian Goldman's *The Power of Kindness*, a fascinating exploration of empathy. Goldman is a practicing emergency medicine physician in Toronto, and host of the CBC Radio program *White Coat, Black Art*. The book discusses the diminishment of kindness in society, why that matters, and what we can do about it.

### We also asked: 'What's your all-time favourite book, and why is it special?'

### Esme Melanchuk:

I love *A Farewell to France*, a 1983 novel by Noel Barber. It's not just a romance, it's also suspenseful, and deals with a pair of lovers who are involved in the underground resistance movement during World War II in



France. It's a wonderful story.

### Richard Rogers:

My all-time favourite book is *Do Androids Dream of Electric Sheep?* by Philip K. Dick. It's a 1968 novel on which the movie *Blade Runner* was based. Dick was a visionary, and the book has both humour and incredible character development.

### Barb Bauld:

It's not just one book by this author, but the whole series: *Martha Grimes*, who writes about her main character, Detective Richard Jury, and his cases with the British police. While the outcome may sometimes be foreseeable, all the Richard Jury books are well worth the read.

### Jean Harris:

I read *Three Day Road* by Joseph Boyden 15 years ago, and it has stayed with me. It tells the story of two Canadian soldiers in WW1 who are Cree. One soldier survives the war but loses a leg. On the last part of his trip back to northern Ontario he is met by his old aunt, who has a canoe and paddles him home, a 3-day trip. It is this trip, and the conversations between the old aunt and the wounded soldier, that have stayed with me.

# So much more than books at the library

## By Librarian Shannon Higgins

Since March is Reading Month, we're so happy that Bay Seniors is showcasing the library and featuring literacy in this newsletter. Tantallon Public Library has a well-maintained large print collection, which always has special picks featured on display.

We also have regular programming for seniors, offered at no cost to community members.

Every Friday afternoon, we have our Bridge Social and Games for Adults, a chance to socialize and play different card and board games.

Beginning this month, we have our Tea & Talks program. These are on Wednesday afternoons, roughly twice per month, with guest speakers, time to socialize, and refreshments.

We also have year-round single-event programs. Check our printed listing at the library or our website for details.

Three coming up that may be of particular interest to Bay Seniors members are:

- Art History of Iconic Portraits: Renaissance to Impressionism, Wednesday, March 11
- Seeing the Possibilities: CNIB Info Session on Vision Loss, Thursday, March 12
- Prediabetes Information Session, Thursday, April 16.

And gardeners, don't forget our seed exchange.

# Bay Expo needs your storage space, volunteers, sale items

If you have room in your garage, and you're within 2 km of the crossroads of Peggy's Cove and St. Margaret's Bay roads, Bay Expo co-chair, Carl Breckenridge, says he really wants to hear from you. Donated books, flea market wares and jewellery table items need a secure and dry location where they can be stored until the Expo.

To respond to all Bay Expo requests, please contact [bayexpo@bayseniors.ca](mailto:bayexpo@bayseniors.ca) and indicate in the subject line to which specific request you're responding, or call 902-820-3334. The telephone is answered Tuesdays and Thursdays from 10 am to 2 pm. Please leave a message at other times.

Besides storage space, the organizers are looking for help with the following:

## **Exhibitor space**

There are still exhibit spaces available for businesses and crafters, says Carl, though prospective exhibitors should not delay submitting their registration. However, non-profit spaces have already sold out. Organizers are keeping a waiting list of interested non-profits, and are reviewing the venue layout to see whether there are options to increase the number of non-profit spaces.

## **Call for volunteers**

Carl says exhibitors and visitors who have been part of previous Expos always comment on "how friendly and helpful our volunteers are." If you enjoy being part of a fun and busy community event, here are specific Bay Expo volunteer jobs the event's volunteer coordinator, Beverly Carlsen, is

working to fill: venue set-up, welcome table, canteen, children's activities, book sale, flea market, jewellery sale, info centre, parking, silent auction set-up and winners caller, clean-up, comment sheets management.

## **Book sale**

Richard Rogers, who is coordinating the used book sale, is asking that members consider donating any "books they don't plan to keep that are in very good to excellent condition and have been stored in dry locations." For now, donors are asked to hang on to books they are willing to donate until storage arrangements are in place.

## **Flea market**

Pat Rodee, coordinator of the flea market committee, offers a friendly reminder that the Expo is looking for donations of items that are in good to excellent condition, intact and clean. Kitchen items, some vintage goods and children's toys have proven to be desirable items for previous flea market buyers.

## **Jewellery sale**

Darlene Pentz, who is coordinating the jewellery table, says intact pieces of current and vintage jewellery are very welcome. The jewellery table is always very popular at Bay Expo.

# Sign up now for our new session of Tai Chi lessons

The new ten-week session of our popular exercise program Tai Chi starts March 23 at Melissa Connick School of Dance, 5181 St. Margaret's Bay Road. Lessons are on Mondays between 10 and 11.30 am.

The fee of \$25 for the 10-week session is payable on the first day. Register by March 16 at [fitness@bayseniors.ca](mailto:fitness@bayseniors.ca)

Often touted as an ideal form of exercise for seniors, Tai Chi is also, says Rowena Morrison, Bay Seniors' fitness coordinator, 'deceptive'. Rowena says that's because it takes years to really master it. But the good news is that Tai Chi offers benefits almost immediately.

Harvard Medical School agrees. In an online article Harvard says "A growing body of carefully conducted research is building a compelling case for Tai Chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age."

The article says the low-impact, slow-motion, continuous and breath-controlled series of movements in Tai Chi can help maintain strength, flexibility, and balance. Although movements in Tai Chi are slow and gentle, when practiced regularly, it can be comparable to resistance training and brisk walking.

## Association Events

### ANNUAL GENERAL MEETING

Seniors Association of St.  
Margaret's Bay

**Thursday, March 19 at  
Shining Waters, 2 pm**

We encourage all members to attend the AGM, which will take place immediately before the monthly meeting.

### Fraud Prevention

The Annual General Meeting will be followed by our monthly meeting, when RCMP Constable Susan Camus, of the Tantallon detachment, will talk about fraud prevention.

### Happy Feet for Life

**Thursday, April 16 at Shining Waters (2 pm):** Andrea Richard, a kinesiologist and Canadian certified pedorthist, will cover foot care topics, including common foot issues and solutions, and proper footwear for foot health and comfort.

### Aerobics

Wednesdays and Fridays, 10 to 11 am

Melissa Connick School of Dance, 5181 St. Margaret's Bay Road

Cost: drop-in, \$2 per class

### Chair Aerobics

Mondays, noon - 12.45 pm  
Seabright Legion

Cost: drop-in, \$2 per class

## COMMUNITY EVENTS

### Tantallon Breakaway Program

The Tantallon Breakaway Adult Day Program (VON Greater Halifax) is a full day program at St. Nicholas Anglican Church, Upper Tantallon.

The program offers respite for caregivers and provides recreational and social programming for participants.

Seniors, people living with dementia, or those experiencing social isolation are eligible. Cost is \$17 per session. To register or for more information, visit <http://www.von.ca/en/site/Halifax>

### Free Help with Tax Returns

The Community Volunteer Income Tax Program is holding four clinics at the Tantallon Public Library this year, on March 12 and 25 and April 8 and 23 (hours vary). Filers with modest incomes and simple tax situations are eligible to have their taxes done at no charge. You must book an appointment by calling the library at 902-826-3330.

### Seedy Saturday

Saturday, March 7, 11.30 - 4 pm

St. Luke's United Church, 5347 St. Margaret's Bay Road

Speakers, demos and vendors. Admission by donation (nobody will be turned away).

Sponsored by the St.

Margaret's Bay Gardening Club and Transition Bay.

Learn gardening basics, how to start seeds indoors, seed-saving tips and much more.

Visit

[www.stmargaretsbaygardeningclub.org](http://www.stmargaretsbaygardeningclub.org).

## Members' Marketplace

**Donation request:** A member who has recently moved into a nursing home would be grateful for new or partially filled Sudoku books and a full deck of used playing cards. Contact [centre@bayseniors.ca](mailto:centre@bayseniors.ca) or 902-820-3334.

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**Paid refinishing job:** A member and volunteer needs someone to refinish her Vilas Rock maple dining table and six chairs, and will pay for the job. Contact [centre@bayseniors.ca](mailto:centre@bayseniors.ca) or call 902-820-3334.

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**Bay website available:** Do you have an event, organization or business you want to promote, or items to sell? Post details on <https://discoverstmargaretsbay.ca/>.

*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](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.*