



Bay Seniors NEWSLETTER



IN THIS EDITION

How our community is responding to crisis

Tips for staying fit when housebound

Practical meal tips for those who live alone

How to get groceries, medications delivered

Our community rallies round in Covid-19 crisis

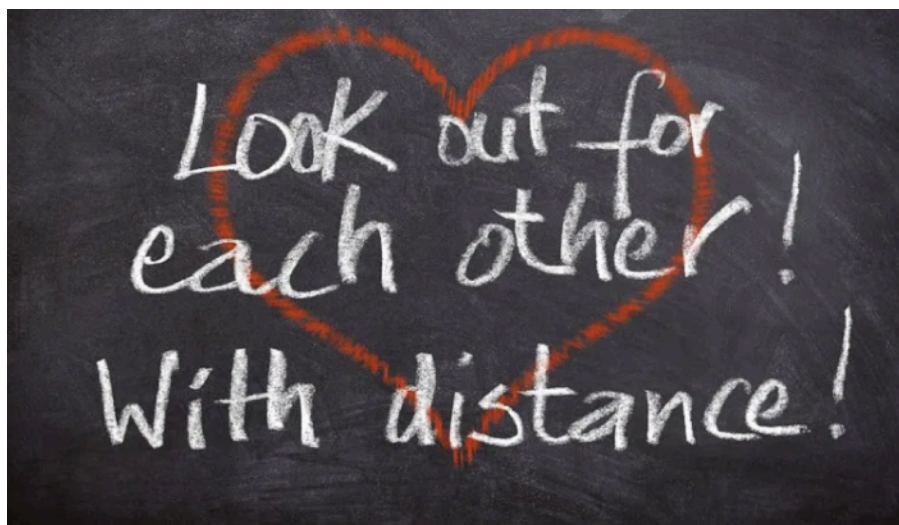
We want to round up some information that will help you as you navigate the restrictions necessary to protect us from the spread of Covid-19.

Essential retail services

Area grocery stores, pharmacies and hardware stores remain open, albeit with shorter hours. Please check store websites or call to confirm hours before heading out for necessities. And if you are not in a position to go to the grocery store or pharmacy yourself, and do not have anyone available right now to do it for you, we might be able to help. Check the information on Bay Seniors' Friendly Neighbour Program on the last page of this newsletter.

Businesses get creative

Congratulations to area businesses for their commitment and creativity in continuing to offer services, while working to keep their staff and other community members safe. Here are a few we've



heard about. We'll continue to update this list on <https://discoverstmargaretsbay.ca/> and on Facebook <https://www.facebook.com/bayseniors/>.

Please contact the specific business for full details.

Delish Fine Foods (902-826-1436) is making hot dinners in two sizes, and will deliver.

Redmond's Home Hardware (902-826-2517) is offering a shop-by-phone service, with delivery arrangements being confirmed.

Otis and Clementine (902-826-1823) is offering various services to customers,

including private store visits and other book-shopping-from-a-distance options.

Platinum Physiotherapy (902-820-2777) is offering virtual physiotherapy appointments through a secured video conferencing platform.

Some pharmacies continue to provide prescription delivery, though frequency and routes vary. Pharmacies are able to dispense only one month's prescription supply at a time.

Lawtons (902-826-1441) is offering its seniors discount as usual all day on Wednesdays, and also during its special seniors' shopping hour (9 -10 am Mon to Sat and 10 - 11 am Sun).

Table for One? Handy meal tips for those who live alone

We asked Sobey's dietitian Jennalle Butcher and Chef Susan Jessup, who regularly cooks for her 94-year-old widowed dad, to cook up some suggestions for those who live alone, especially now, as we follow public health guidelines to stay home and keep physical distance from others.

Here's their top ten:

1. Cook once; eat twice.
2. Freeze raw or cooked items in single-serving sizes, so they're easy to defrost separately.
3. Cook the meal earlier in the day when you may have more energy, and reheat it later.
4. Buy fruit at different stages of ripeness, so you can eat some pieces right away and allow others to ripen over the next several days.
5. Buy precut or precooked ingredients, like chicken strips or squash cubes, to reduce the labour of meal preparation. (Note: some of these ingredients are currently unavailable fresh, but are still found in the frozen foods sections of the grocery store).
6. Buy long-lasting ingredients, like root vegetables and canned items.
7. Try a new recipe if you're bored with the same old meals. Check cookbooks, online sources and cooking shows on TV for inspiration.
8. Many chefs and food bloggers offer free online cooking lessons and recipe instructions. To take a virtual class with a friend or family member, 'meet' them online to do the same class at the same time, so you can chat about it afterwards, either by phone or online.
9. Make soup. It's easy, tasty and a good way to use up small amounts of leftover ingredients.
10. Enjoy a meal with family or friends the virtual way, using Zoom (see page 4) or take a photo of your meal and share it on Facebook or Instagram.



Staying fit when stuck at home

Rowena Morrison, Bay Seniors Fitness Coordinator, hopes we're managing to stay active, fit and in good health while the Covid-19 crisis continues.

As we cannot hold any classes indoors or outdoors at the moment, Rowena and Linda, who ordinarily teaches our fitness classes, are offering some suggestions for online classes that may help us maintain our fitness:

<https://www.youtube.com/watch?v=pqv6vPFDiFo>
<https://www.youtube.com/watch?v=Ev6yE55kYGw>
<https://www.youtube.com/watch?v=7aHK2sgjBCM>

Rowena says, "Choose the level which suits you best and listen to your own body," adding that "a brisk 30-minute walk every day is also a good way to stay in shape."

No walk-in service at Tantallon blood clinic

The walk-in service has been suspended at the blood collection clinic at 5110 St Margaret's Bay Road. Patients requiring urgent and essential bloodwork should make an appointment by calling 902-473-2074 or 1-833-942-2298, Monday to Friday from 8 am to 8 pm. There is no ability to leave a message.

Worried you may have Covid-19?

Experiencing symptoms that may be associated with Covid-19? Call 811. Don't go to the emergency department or to a medical office unless instructed by 811 to do so.

Questions about health services?

Want to know what health and community programs and services are operating in Nova Scotia, including special programs during the pandemic, and how to access them? Call 211.

Horsing Around

By Chris Pelham

Our daughter Chantal is a horse person. But when Suzanne and I bought a farm, we were ill-equipped to care for those fine animals all by ourselves.

On April 1 on our first spring on the farm, I got up early, went to the barn, and stood in the doorway. There was no horse inside.

I raced back to the house, shouting in a panicked voice, "The horse is gone! The horse is gone!"

Both Chantal and Suzanne jumped from their beds, looked at the calendar, looked at each other, and promptly went back to bed.

I turned around and went back outside. Sighing, I trudged up the hill, following the foot-deep hoofprints all the way to the top, and then I led the mud-encrusted Spritzer back to the barn. Alone.

No, I don't do April Fool's Day jokes anymore.



Old News

By Brent Schneider

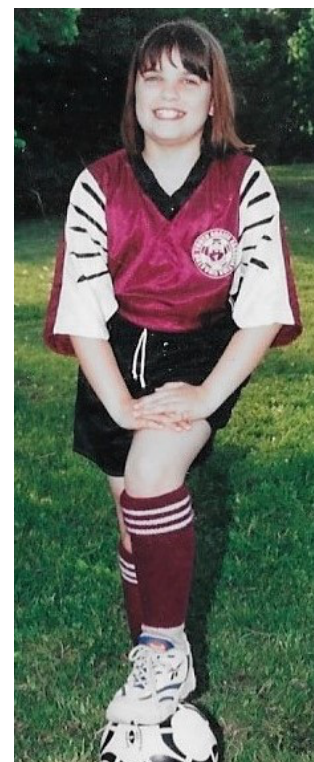
My daughter, Olivia, was 8. She knew I hated pranks, often finding them unkind, but she desperately wanted to play an April Fool's Day joke on me. Her mother warned her that it mustn't be anything mean-spirited or physically uncomfortable.

After much thought, Olivia took The Globe and Mail out of the recycling bin the day after my January 13 birthday, and hid the newspaper in her room. On April 1 that year, she sneaked downstairs before the rest of the family, picked that day's Globe up from the front steps, and substituted the one she had saved from January 13.

As was my usual habit, I quickly scanned the headlines as I ate breakfast, vaguely registering that some of the stories seemed kind of familiar. Then I flipped to a couple of my favourite columnists. Their offerings for that day were oddly out of date. Surely the criminal trial one columnist was writing about had wrapped up many weeks earlier?

I'm embarrassed to admit it wasn't until I noticed a large boxed-in advertisement that it wasn't too late to get a great 'New Year's deal' on furniture that I clued in that I must be reading an old paper. So I checked the date and was utterly mystified to see that I was holding the Globe from January 13. How, I wondered, had it ended up on the doorstep this morning? Yes, even then, I didn't realize I had been pranked until my family, who had been watching me with unsettlingly close attention, exploded in laughter.

To be fair, Olivia had heeded her mother's warning: the only thing that got hurt that April Fool's Day was my pride.



More of your recommendations for good books for quiet days

Carl Breckenridge:

The last book I read I really, really enjoyed, but it may not be a favourite for everyone. It is *The Perfect Predator, A Scientist's Race to Save her Husband from a Deadly Superbug* by Steffanie Strathdee and Thomas Patterson, published by Hachette Books. It is rather appropriate for our current situation. This was a true story. The wife, an epidemiologist, and her husband, a psychologist, were on vacation in Egypt exploring the pyramids when the husband came down with a stomach bug which just got worse and worse and almost resulted in his death. The only thing that saved him was some outstanding detective work by his wife and the use of a treatment that had fallen out of favour. It was a great read from a scientist's perspective. I could not put the book down.

Melan Sapp:

Theresa and I are currently engrossed in an exquisite series featuring Chief Inspector Gamache of the Quebec Sureté, written by Louise Penny, an accomplished Canadian author. The plots are intriguing, the characters are eccentric and the mysteries are complex. I recommend starting with the first novel and reading them sequentially, as there is a continuous theme and intricately, intertwined sub-plot. Caution: some of the language,

innuendos and inferences may not be suitable for everyone.

Suzanne Pelham:

I have two books I'd like to recommend. One is called *The Elegance of the Hedgehog*, written by a French author, Muriel Barbery, translated into English by Alison Anderson. It relates the everyday life of a concierge in a high-end apartment building. The novel's blurb says the book "exalts the quiet victories of the inconspicuous among us," and I agree.

Another favourite is *Love you Forever* by Canadian children's book author, Robert Munsch, an affirmation of a parent's love for their child, and the continuation of the bond as parents age and children become caregivers.

Bob Joyce:

I've always been interested in the Halifax Explosion, and have read a number of books about it. I'm currently reading one called *The Great Halifax Explosion* by John U. Bacon. Bacon is not Canadian, but his grandparents were, and I'm finding the book, at least so far, to be a fine and detailed exploration of the tragedy. I read for the first time in this book that the French freighter Mont-Blanc, which exploded in the narrows, was a poorly maintained ship, ill-equipped for its role transporting munitions. At over 400 pages, the book will offer me lots of hours of reading, something I appreciate just now.

Staying connected in a Covid-19 world

By Chris and Suzanne Pelham

Like many of you, Suzanne and I have just completed self-isolation after travel, and are now practicing physical distancing. One of our coping mechanisms is staying connected with our grandkids. We did not want to depend on one-way conversations like Facebook or impersonal texting or telephone calls. We wanted real one-on-one visual and verbal connectedness.

We needed technology that would work for two technology midgets aged 70+ and 8-year-old Henry and 6-year-old Helen. When we started, Suzanne used Facebook Messenger to share pictures and colouring with Helen. Henry and I play chess on www.Chess.com.

Then we discovered Zoom at <https://zoom.us/>. It is an interactive meeting platform. Our family is using it to share documents and pictures and stimulate discussion. We are still learning the power of Zoom, but it is very easy to learn. The platform's tutorials are great. There is even a U-Tube channel dedicated to the platform: <https://www.google.com/search?q=zoom+tutorial+youtube>.

It is not the same as physical contact, but it is fun learning together.

Physical distancing does not really have to mean social distancing. Stay safe.

Chris and Suzanne are happy to tell you more: Suzanne, 902-718-6494 suzannepelham@gmail.com
Chris, 902-717-6291 cpelham@acadiu.ca

Friends remember Donna Thomas-Mattholie

Donna Thomas-Mattholie, a tireless and passionate community volunteer, church member and Bay Seniors board member, passed away suddenly on February 6

Pearls and Rubber Boots, by Nancy LaPaix Amirault

As neighbours and friends, Donna Mattholie and I had so many opportunities to share several of life's moments together, be it over conversation that took place in our yards or when we shared a drive to the various meetings and activities we participated in together. Donna was stylish, practical, well-read and had a beautiful sense of design.

One of my favourite memories of Donna is from 2011, when I was just starting to really get to know her. It was an autumn day, and a few neighbours were hanging out around our barn telling yarns. Donna came tromping over to say hello. This woman who, by then, I knew to be elegant, very well-spoken, well-read and with a keen eye for beauty and colour, arrived through a field of mud, dressed in a hunter's orange wool hat, a man's oversized and rather ugly, dirty, plaid jacket, rubber boots, rubber pants and rubber gloves.



Donna Mattholie
1947 - 2020

I couldn't believe it was the refined lady I had come to know until I looked closer and saw... she was also wearing the most beautiful pearl earrings and necklace to complete her attire. That's when I realized the true essence of this woman—she was not only elegant, she was practical.

And that is how I will always remember Donna Thomas Mattholie, my neighbour, my friend. Practical, elegant, honest—pearls and rubber boots.

The Lady in the Hat, by Lynette Coles, Retired Head Sacristan/Head Server/Sub Deacon

(Donna and Ray Mattholie moved to Wandsworth in South London in 1993 and began attending mass at St Anne's Church)

Attending St Anne's for the first time, Donna was immediately noticed and admired for her elegant hats, and was known as the Lady in the Hat. It was not long before Donna and Ray threw themselves into various roles in parish life. They were excellent hosts, and entertained the choir and other parishioners after carolling around the Parish at Christmas.

I invited Donna to join the Servers' Team, and admired the ease with which she took to being part of the team.

With her leadership skills and sound advice on all practical matters, she was voted onto the Parochial Church Council and a year later was nominated Church Warden. As well as making sure that the Church was still standing, insured, well maintained and with all the other roles of a Warden, she made sure that her floral arrangements were up to standard by attending a course in floristry at the local college. Needless to say, she was not only producing stunning flower arrangements in church, but also for friends' weddings. It was during her Wardenship that we entered an interregnum. We appreciated Donna's honest and forthright approach in assisting with the selection process for the next incumbent.

One of her talents was recognising the lonely and vulnerable members of the congregation, and she was quick to befriend them. She was a trustworthy and loyal friend, and was popular with both the young and elderly members of the Parish.

When Donna and Ray decided to return to Canada, they left many sad hearts behind.



The Bay Seniors Friendly Neighbour Program

*If you need someone to pick up your groceries,
pharmacy items or medications, we'll help!*

You are eligible for this program if you meet one or more of the following criteria, and do not currently have someone who can deliver to you:

- ✓ You do not have access to transportation.
- ✓ You are self-isolating because of recent travel.
- ✓ You are self-isolating because you are ill.
- ✓ You are self-isolating because you have one or more risk factors for a more serious outcome if infected by Covid-19.

Our Friendly Neighbour Program volunteers will:

- ✓ Pick up groceries for you from Sobeys or the Superstore, using a list our volunteer will take from you over the telephone.
- ✓ Deliver your groceries to your door (you will be invoiced monthly for purchases only; the shopping and delivery is offered at no cost to you).
- ✓ Pick up and deliver your pre-ordered, pre-paid prescriptions to your door if the service is not available from your pharmacy.
- ✓ Pick up and deliver non-prescription pharmacy items (you will be invoiced monthly for purchases only).

Our volunteers:

- ✓ Have been carefully screened.
- ✓ Have been thoroughly trained in contact protocols by an expert in the field.
- ✓ Use a full cleaning protocol for their hands, vehicles and other items with which they are in contact during the pick-up and delivery process.
- ✓ Have a full cleaning kit, including gloves, wipes, sanitizer and disposal bags.
- ✓ Will deliver your items using recommended physical distancing.

*For more information or to set up a delivery, please call
902-221-8388 and leave a message.*

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.