



Bay Seniors NEWSLETTER



IN THIS EDITION

We need your help
shaping our future

Share the Harvest event
will help food bank

Back-to-school prompts
demand for kids' masks

The child who couldn't
wait to go to school

How do we need to evolve, to better serve the changing needs of our community?

In January, a snowstorm required Bay Seniors to postpone our monthly meeting by a week.

At the rescheduled meeting, Becky Weickert, association president, thanked attending members and guest speakers for their “understanding, flexibility and support.”

None of us could have predicted, on that sunny winter day, that in less than two months, we'd all need to show understanding, flexibility and support on a grand scale.

Nearly eight months after that meeting, and six months after the Nova Scotia government declared a pandemic-related state of emergency, we have been unable to hold monthly meetings, regular excursions, exercise classes, Bay Expo, in-person board and committee meetings, or (until late June) host drop-ins to the Bay Seniors Information Centre.

And yet our Bay Seniors community has remained close



Bluenose II, taken during her Bay visit in August, shared on Bay Seniors Facebook page by photographer Beth Newman.

and caring. Each month in our newsletter and newsletter updates, we share stories about how we're staying in touch with you, while offering pandemic-related services. These have included:

- Friendly Neighbour, a grocery shopping and delivery service, still available for those who

need it. Bay Seniors has also been a partner in a program to deliver pre-cooked meals to area residents.

- Kids' Cards for Seniors, in which local children and teens made cards to be sent to Bay Seniors members living alone or in long-term care, or who are not online.

Continued on Page 2

Thank you for your support in these difficult times: what more do we need to consider?

Continued from Page 1

- Fabric face masks for long-term care residents and staff, Bay Seniors members and volunteers, and now for the community, including students and staff returning to school.
- A Covid-careful in-person and online art show, offered by five partner groups.
- A harvest-sharing event (see details on page 3).
- A more robust presence on Facebook.
- Targeted content for our newsletters and newsletter updates, with a focus on programs and services still available online, by telephone or in our homes.

These things have been possible because Bay Seniors' volunteers and members continue to look for ways to stay connected.

We knew we would be here for you. We are deeply touched that you have shown, in so many ways, that you are here for us, too. And we're very proud that, together, we've been here for our community.

From the outpouring of support and fabric donations when our sewing volunteers were making masks for Northwood, and now for the community, to calls and notes of thanks for the kids who made cards, to people wanting to ensure the masks they're buying are made by our

volunteers, to the unprecedented response to our call for Bay Seniors' membership renewal - you've shown us, week after week for the last six months, that we really are all in this together.

This isn't the first time we've had to trim our sails for the prevailing winds.

Almost 11 years ago, the St. Margaret's Bay Seniors Association was formed to address the need for affordable housing to allow ageing residents to remain in the Bay. That goal remains a work in progress.

But as we came together to address that goal, other needs and opportunities became apparent, and we have worked

together to address those, as we will continue to do.

Having to respond to the unexpected during this pandemic has reminded us that needs and opportunities do change.

Beginning next month, we will be reaching out to you, our members, to seek your wisdom on what you want and need from our association.

That's an important thing for any organization to do, and this feels like the right time for us to do it.

Thank you for your understanding, flexibility and support. Most of all, thank you for being on this journey with us.

Popular Bay Seniors bags back in stock at the CEC

Bay Seniors' beautiful washable fabric tote bags are once again available for sale.

The strong, fully-lined bags have thick straps that are comfortable on the shoulder or in the hand, and bags come in a wonderful range of prints, including kid-friendly ones. Each bag has a small side pocket with the Bay Seniors logo. \$10 each or 3 for \$25.

Stop by the Community Enterprise Centre (CEC) at 5229 St. Margaret's Bay Road to browse the bag selection. After Labour Day, the CEC is open 9 am to 4 pm weekdays.



Do you have any surplus produce? Why not share your harvest and support the food bank

Share the Harvest is happening on Saturday, September 12 between 10 am and 2 pm on the side lawn of the Community Enterprise Centre in Tantallon. The CEC is a partner in the event.

Bay Seniors will be there with our fabric face masks and bags, and local organizations involved in food security will be there with information and items for sale.

Local home gardeners are invited to donate their garden surplus to be offered to the public in exchange for a cash donation to the St. Margaret's Bay Food Bank.

Community members are encouraged to stop by the event for locally grown veggies, fruit, herbs and flowers, while supporting the food bank. Leftover food will be donated to Feed Nova Scotia.

As well as cash donations in exchange for garden goods, the public is welcome to donate canned goods for the food bank. Kathleen Jennings, the Food Bank manager, says canned milk, meat and fish are especially needed.

For more information or to let organizers know you're donating your garden surplus, visit <https://www.facebook.com/sharetheharvestsmb> or leave a message for the Share the Harvest group at the CEC at 902-826-1680.

Garden donations should be dropped off on September 12 between 8 and 9.30 am. The event opens to the public at 10.



How you can support Share the Harvest

- **Donate garden surplus of food or flowers in sellable condition.**
- **Share the news about the event.**
- **Volunteer.**
- **Attend and exchange a cash donation for garden goods.**
- **Visit the event's other exhibitors.**

Wellness advice is just a call away, and online

Ashley South, wellness coordinator with the Community Health Team, reminds us that wellness navigation is still available by telephone. Even before Covid-19, the wellness navigators were very well experienced with telephone support.

Call 902-460-4560 for more information.

The Community Health Teams have many online courses available free for anyone with a Nova Scotia Health card. Courses deal with aspects of physical and mental health, exercise and other wellness

topics. For details or to register, visit www.communityhealthteams.ca.

Here's one example of an upcoming online course:

Discover Your Strengths

We all have the same 24 character strengths that we express in different ways.

Together, we will discuss character strengths, how to recognize them in ourselves and others, and learn the benefits of using them in life.

(Thursday, September 10th from 2 to 3.30 pm).

Your photos could make our community safer

Are there places you go in the Bay that are especially easy to access, particularly for older residents and those with mobility challenges?

Are there places you'd like to go that are difficult or unsafe to access?

It may be a store, a café, a walking path or another location used by the public.

Community Links and Dalhousie University are asking Nova Scotia residents aged 65 and older to take six photos each of easy-to-access spots and six photos of hard-to-access spots in our communities.

The photos will be used in research and for community planning purposes.

Bay Seniors would like to collect photos from the Bay and share them through our communications with members.

We will also forward photos taken by our members to the researchers.

Please send photos, and a sentence about where the photo was taken, including name of business or location, address and community, and what makes it especially easy or difficult to access, to sharon@bayseniors.ca by September 30.

Surge in demand for kids' masks



Our dedicated sewing volunteers are still making masks, and with students heading back to school there's been an increase in mask sales for kids. Bay Seniors offers kids' masks in two styles and two sizes. Adult masks fit bigger kids and teens. All kids' masks are \$3 each, and adult sizes are \$5 each.

Stop by the CEC during business hours to buy a mask or two for your returning scholars. And check out the current masks for yourself.

Making face masks more comfortable

Mask elastic got you down? If you wear glasses or hearing aids or just have sensitive ears, and find your face mask's elastic loops that go over your ears to be a problem, we have ideas to share.

And if your glasses fog up, look for tips from the Bay Seniors sewing team in the September Masthead.

We're bringing out a special ALL ABOUT YOUR MASK newsletter supplement later in the month. Send your face mask questions or challenges to sharon@bayseniors.ca by September 8 to be passed on to our sewing team leaders.

Renew your membership and get a free mask

If you haven't yet renewed your Bay Seniors membership, you're still eligible for one free Bay Seniors fabric face mask for a single renewal at \$10 and two masks for a couple/family renewal at \$18.

Betty Learning and her team of 20 volunteers have sewn more than 1700 masks since the project began.

Their masks are the result of customer feedback and a lot of research with other mask-makers around the world.

Drop by the CEC and check out the range of styles and designs to pick from.

Member Stories: early start to school

by **Linda Mosher**

I remember the summer of 1953.

My cousin and I spent every minute we could outdoors playing with our two friends.

We were inseparable as we rode our stick horses, made mudcakes, and chirped in our nests made of long grass in the orchard.

This fun came to a crashing halt when the others started primary school that September.

I wouldn't be five until Christmastime, so I was left out in the cold.

I remember joining them on their walk to our one-room schoolhouse that first day. They all disappeared inside, and I stayed in the schoolyard and played.

After what seemed like a long time to me, I knocked on the door and asked if it was time for recess.

The teacher told me that it wouldn't be for some time, and to go home.

Every five minutes after that, I would knock again.

Recess finally came, and I was very happy to spend it playing with my cousin and friends. But then the teacher rang the bell again and everyone went back inside.

I kept knocking on the door and asking if it was lunchtime yet.

Finally, the teacher brought me inside and wrote a note for me to take home to my mom. I thought that I was in big trouble, but when Mom read the note, it said, "Linda is being very disruptive with her knocking, so please get her ready and send her to school tomorrow."

That teacher was Lois Graves. She was my heroine! I adored her, with her long black hair, white blouse and long black taffeta skirt that had three rows of gathered flounces. To me, she was a princess out of a fairytale - even though on my first report card she commented that I was "inclined to mischief."

I came first in that primary class, and will always remember the thrill of sitting at my desk with that sense of belonging.



Linda Mosher in pre-school days (left) with siblings Sandy and Anne.

Members' Marketplace

Volunteer roles available

Can you offer computer support with MS Excel and SAGE (Simply Accounting)?

If so, you could help Bay Seniors project leaders maintain participant and volunteer lists and assist the Association's bookkeeper, Fred Dolbel. Contact Fred at 902-823-1144 for details.

Bay Seniors often has short-term and longer-term volunteer jobs available.

Use your skills, meet new people and support your community. Contact info@bayseniors.ca or call 902-820-3334 if interested.

Casual labour available for seniors

As fall approaches, we're getting more calls for people to do yard work and minor household repairs.

Bay Seniors keeps an updated list of local providers of such services. Call 902-820-3334 for more information.

Payment to be negotiated between householder and service provider.

Reader Round-Up: first day of school

Breakfast of champions

submitted by John Fraser

I am one of five children, and on our first day of school every year, Mother would make us our family's traditional holiday breakfast of eggs, bacon, sausage, fried potatoes, molasses toast, juice and tea.

It was a feast!

She always said the first day of school was a special occasion.

I know she had to save from the housekeeping budget for that breakfast, and she surely got up very early to make it for us, so we were all grateful.

Unfortunately, the rest of the school days we got porridge, which I never liked.

I was not as grateful for those other breakfasts.

Fun on the agenda

submitted by Ashley South

The first day of school is always a fresh start full of newness.

My favourite purchase was always a new agenda. I would fill in every week with my class schedule and social events planned for the coming school year, and it always made me excited for what was ahead!

Duck and cover

submitted by Sharon Jessup
Joyce

I'm an Air Force brat, and our family lived in France during the Cuban Missile Crisis. My older sister became used to bomb drills, during which students practiced taking shelter under their desks when the siren sounded.

On the first day of school after our return to Canada, my eight-year-old sister came home and said the other students hadn't even moved during the drill. Knowing there were no drills happening here at that time, and fearing Susan would now be the subject of ridicule, my mother went to school at the end of the following day to talk to the teacher.

The teacher explained that when the school bell rang, Susan, apparently mistaking the Canadian school's much louder bell for a siren, dove under her desk, to the astonishment of the other children.

"But don't worry, Mrs. Jessup," the teacher added wearily. "Susan won't be teased. In fact, she's already quite a leader. Half the students now dive under their desks when the school bell sounds."

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 - 1 on Tuesdays and Thursdays.