



Bay Seniors NEWSLETTER



IN THIS EDITION

- How to protect yourself against fraud
- Update on Covid-19 vaccination plans
- Students help seniors with computer skills
- Tributes to our Friendly Neighbour team

Seniors targeted as Covid fuels surge in fraud, says RCMP

The best way to protect ourselves against fraud often comes down to a few key strategies, says RCMP Constable Justin Simmonds.

Don't give out our personal information, don't let ourselves be pressured into fast responses, and do our homework on how legitimate businesses and organizations interact with their customers.

Cst. Simmonds, the new Community Officer with the Tantallon Detachment, said he was happy and honoured that his first community presentation in the area was to Bay Seniors at the Association's March 18 Annual General Meeting at Shining Waters.

"Fraud isn't new, but the isolation caused by Covid has seen it increase, and seniors are a key target," he said. "Sadly, many people don't report being scammed because of shame or embarrassment." Cst. Simmonds says reluctance to report fraud



RCMP Constable Justin Simmonds and Bay Seniors President Rebecca Weickert at the Association's AGM. On Page 2 Cst. Simmonds shares 10 tips to prevent fraud.

benefits the scammer, never the victim. "We have a fraud section. They're very knowledgeable and discreet. If you've been scammed and can set aside your pride and call us, you can help protect someone else."

Cst. Simmonds said legitimate organizations don't seek personal and financial information by phone call or text message. If we receive such contacts, we should never give out information,

but should instead hang up and call the organization or business the contact claims to represent.

Don't call a number provided by the contact, but instead use the phone number on our credit or bank card or that institution's website.

"Scammers want you to give them your information or a payment before you have a chance to think clearly about

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Cst. Simmonds' top 10 tips to protect you against fraud

1. Don't give out information on the telephone or respond to texts from anyone claiming to be from your bank, credit card company, a computer software provider or from the Canada Revenue Agency.
2. If in doubt, hang up and call the phone number on an organization's website or on your credit card or bank statement to ask if they called you.
3. Scams evolve over time, and are recycled with more sophisticated features.
4. Telephone software can allow a caller to appear to be placing the call from your area. If you don't recognize a phone number, let the caller leave a message.
5. It is easy to get a business license and create professional-looking websites and advertising. Deal only with businesses that are known to you, especially if you place orders online or by telephone.
6. A notice that you have won a lottery but have to pay the taxes before collecting your winnings is always a fraud. Canadian lottery wins are not taxed.
7. Do not make or accept email transfers to or from anyone you don't know.
8. Reputable contractors will not show up at your door to tell you your house or property needs urgent repairs and they will take care of them right away.
9. If in doubt, call police to get information on current scams.
10. Visit Canada's Anti-Fraud Centre online for more information at <https://antifraudcentre-centreantifraude.ca/index-fra.htm>

Fraud: how to avoid trouble

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it or check things out," he said. That's why calls and texts often arrive early in the morning or later at night. "No legitimate business will insist on an instant response like that."

Frauds are increasingly sophisticated, too.

"It's easy to create a website that looks legit even if it isn't, and to create materials that look like they come from legit sources," he says. "Make sure you do your research on businesses you patronize."

Cst. Simmond's biggest takeaway message is that the police are eager to help protect us from scammers.

"No concern is too small and no question is silly. Please, call us."

New locations added for Covid vaccinations

As Covid-19 vaccinations continue to be rolled out across Nova Scotia, two locations in Tantallon and one in Timberlea have been added. As of March 31, those three locations still had bookings available for April 8, 9 and 10.

The eligible age ranges for being vaccinated continue to be adjusted downward.

This is what we need to know:

- You cannot book appointments through the clinic location of your choice. You must book online at novascotia.ca/vaccination. If you are unable to book online, call 1-833-797-7772.
- As new age ranges are added, people in older age ranges can still book appointments.
- Being open to travelling to a less convenient location reduces wait times.
- It's especially difficult to get through for a booking in the first two days after a new age range opens up. Nova Scotia health says there will be vaccine for all, so there is no need to feel anxious about getting early appointments.
- If you have a family member or neighbour who may find it difficult to use the vaccination appointment system because of health or computer access limitations, please give them assistance to book and attend their appointments.

Time to tell your story

We've launched a new memoir-writing group. Whether you want to capture a few memories, or write a full-blown autobiography, we can help. Contact sharon@bayseniors.ca.

Don't miss these live and virtual events

April 15 video event: Cooking show and prize

Join Bay Seniors and nutritionist Edie Shaw-Ewald for a fun and delicious live video cooking demo on Thursday, April 15 at 2 pm on [Bay Seniors Facebook](#). Edie will teach us how to make a salad supper that is tasty, nutritious, affordable, and easy.

There will be a prize draw for viewers who tune in to the live show. Tune in here: <https://www.facebook.com/bayseniors>

The video will be posted on the Bay Seniors Facebook page, and we're all invited to make the dish another day, posting a photo of our results and our tips on Bay Seniors Facebook page.

May 13 in-person and video event: Container gardening

Join Bay Seniors members, in person at Shining Waters or through a [Bay Seniors' Facebook Live event](#), on Thursday, May 13 at 2 pm.

We will learn about the benefits of container gardening, an easy way to achieve a surprisingly high yield of food and flowers. We'll hear about simple ways to grow more of our own food, reducing cost and increasing variety and availability on our table.

Hand-painted birdhouses created by local artists will be on display, and we'll find out why we're being encouraged to plant yellow flowers in the garden this year.

More details in our May newsletter. Covid precautions will be in place at Shining Waters.



Socially-distanced attendees at our AGM listen to Association President Rebecca Weickert's report.

AGM 'a welcome return to in-person meetings'

Bay Seniors' Annual General Meeting brought 28 people to Shining Waters on March 18.

Association President Rebecca Weickert said being able to gather was a "welcome return to our in-person meetings," and she thanked Shining Waters, the meeting venue, for its careful Covid precautions, which included draped and widely spaced seating.

Pamela Lovelace, HRM District 13 councillor, thanked the Association for continuing to engage with and support Bay Seniors members and the wider community throughout the pandemic.

She said the Association's involvement in the movement for affordable housing in the Bay for seniors and others is a concern she shares and is actively working to support, in consultation with HRM planners and local developers.

The annual meeting was preceded by a presentation on how to protect ourselves against fraud (see story on pages 1 and 2).



Spring Special: matching bags and masks

A limited supply of beautiful matching Bay Seniors washable tote bags and masks are now on sale at the Community Enterprise Centre in a variety of glorious spring fabrics for \$20/set.

We continue to sell bags separately. The selection is constantly changing, thanks to our talented and hardworking volunteer sewing team. \$10 each or 3/\$25.

Individual washable fabric face masks are available in a new assortment of spring fabrics. All masks now include a pocket for a filter or third layer of fabric if you choose. Adult masks are still \$5 each, children's sizes remain \$3 each.

‘Guinea pigs’ in the cause of making seniors more computer-savvy - and loving every minute of it

Like any long-married couple, Keith and Sheila Innes have had their share of adventures together. But after 52 years of marriage—“And we’ve known each other 55 years,” says Keith—they never expected their current adventure to be this much fun.

As a Bay Seniors board member, Keith is the liaison with Students for Seniors, a group of high school student volunteers. Coordinated by student Angus Whyte, the ten students provide yard work and snow-shovelling help to area seniors.

Bay Seniors has been awarded a federal New Horizons—Connecting Seniors Through Technology grant to help area seniors become more comfortable using computers and tablets to connect with their community. And who better to help local seniors adapt to today’s communications tools than the friendly young people already connected to Bay Seniors?

That’s where Keith and Sheila come in.

Students for Seniors needed a couple of Bay Seniors members to help them test the best way to provide information and support to people who either have little experience with computers or tablets, or would like to do much more with those tools than they do now, to connect more easily with friends and family.

“So we’re the guinea pigs,” laughs Sheila.

The Inneses have met so far with Angus and fellow students Halle Martin and Corrinne White for two relaxed one-hour sessions. In the first hour, the students

identified what Keith and Sheila knew and what they wanted to learn. Information provided at that first session was tailored to those needs. In the second session, the students checked in with Sheila and Keith, answering their questions and adding to their knowledge.

“It needs to be customized,” says Angus. “Everyone will know different things coming in, and they’ll have different goals.”

Sheila says she and Keith were initially “quite reluctant” to participate. “I was used to sending emails and sharing photos, but then Angus got us on Facebook. Now, I turn on my tablet and I check in on Facebook right away. I love it.”

For Keith, there was “a real sense of fear, partly because of concerns about safety online, and also because I found the terminology confusing: platform, social media.

Thanks to this, I realize I knew more than I thought. And what I didn’t know isn’t nearly as



Students Keith and Sheila (front) with their teachers Halle, Angus and Corrinne.

“Guinea pigs’ loving their computer skills

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complicated as I thought it was.”

Angus agrees, saying “A lot of the fear people have around computers is the uncertainty.

“Once they’re comfortable with what they want to do, and how to protect themselves online, that fear goes away.”

Corrinne says, “With Covid, everything is now online. There’s no need to be concerned about the tech side. We’ll start from their base level of knowledge, so everything we do together will be suitable for where the members start out.”

Halle adds, “Getting more comfortable on the computer is just like learning any other skill. We all learn things a bit at a time.”

Would YOU like to be more comfortable with computers?

Interested in getting more comfortable online so you can connect more easily with friends, family and your community?

Students for Seniors will be offering customized computer coaching for the next year to Bay Seniors members, including through the summer.

Contact centre@bayseniors.ca for details or to put your name on the waitlist.

SALUTE TO OUR VOLUNTEERS

Friendly Neighbour Program is one year old

“How can I help?”

If you’re a Maritimer, whether by birth or adoption, odds are you’ve said this on more than a few occasions.

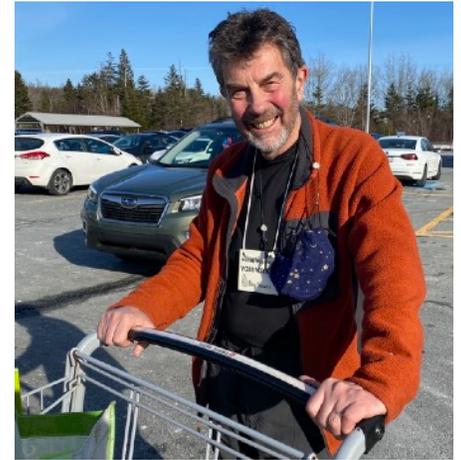
It’s in our nature to want to come alongside one another. To help in a time of need, whether it be with a gesture, words of support or something more tangible. When Covid came to our area last winter, Bay Seniors asked that very question: “How can we help?”

Cue Heather Thompson, Melan Sapp, Fred Dolbel and the rest of the Bay Seniors Board of Directors. Compelled by the desire to assist our seniors in a practical way, the Bay Seniors Friendly Neighbour Program was born.

The program is made up of a group of dedicated, generous-hearted volunteers who pick up and deliver groceries and prescriptions for St. Margaret’s Bay neighbours/seniors whose health or well-being may be compromised by heading out to public places during Covid-19.

And what they do means a lot. Service user Eileen says, “I’ve never met such wonderful, helpful and friendly people. I don’t have to worry about going out in the cold.”

What started as a service has grown into a privilege: a privilege of making new



Ray Mattolie, a Friendly Neighbour volunteer, getting ready to deliver groceries to a Bay resident.

friends, having a chance to share a laugh and a smile and the reassurance that we are all in this together. How amazing is that?

All of us at Bay Seniors would like to give a big round of applause and “Thank You!” to our volunteers for their continued commitment and compassion, on this first anniversary of the program:

- Esmé Malanchuk
- Fred Dolbel
- Gillian Hatcher
- Karen Damtoft
- Linda Hubley
- Melan Sapp
- Ray Mattholie
- Trina Corkum

For more information on the Bay Seniors Friendly Neighbour Program, please contact centre@bayseniors.ca.

Members' Marketplace

Saturday Sparkle weekly jewellery sale update

Bay Seniors is still accepting jewellery donations for its weekly Facebook jewellery sale, with all proceeds going to the St. Margaret's Bay Food Bank.

The program has raised over \$1,300 since December 1. Jewellery donations can be dropped off at the Community Enterprise Centre at 5229 St. Margaret's Bay Road.

Thanks to all who donate, buy and join the fun every Saturday at 3 pm at www.facebook.com/bayseniors.

Volunteer opportunity, newsletter contributor. If you enjoy writing, and have an interest in health, safety and outreach for seniors, you'd be a perfect fit for our newsletter team to review approximately 20 emails/month and write brief summaries of programs, activities and supports for seniors in our community, commitment of 1 - 2 hours/week, can be done entirely from home.

Fiction contest writers tackle some tough topics

The Winter in The Bay art show and writing competition revealed some wonderful treasures, writes Neil Everton, who was a judge in two of the writing categories.

"Some of the winners have not yet been announced, so I don't want to give any clues. But I can say that the judges were delighted by the storytelling and the range of subject matter."

In the fiction category, the topics included depression, dementia, environmental issues, identity and relationships, death, and the pressures of living under lockdown.

"We thought the writers were very brave to tackle some of these topics. It was a joy to read all of the stories." said Neil.

Enjoy dozens of Bay stories

Over 80 nonfiction and fiction stories came in from Bay residents during the Winter in the Bay event, including many from seniors. Several of these great tales of local life are being posted each week on the event website at <https://discoverstmargaretsbay.ca/>.

Nonfiction writers' group

Do you have a story to tell? Why not join Bay Seniors' new memoir-writing group?

An experienced writer and editor will be on hand to provide tips and support, and both rookie and seasoned writers are very welcome. The program can be offered in person and virtually.

Email sharon@bayseniors.ca for details or to sign up.

Green Burial seeks volunteers

Green Burial Nova Scotia (GBNS) is seeking volunteers to join its Steering Committee. Members serve for a two year renewable term. Meetings are held the third Tuesday of each month, and under current pandemic restrictions, via Zoom.

The group is also seeking a Volunteer Coordinator with excellent organizational skills and ability to communicate with people from diverse backgrounds. This volunteer will be responsible for recruiting and managing volunteers. For more information or to apply, please submit your covering letter and resumé by April 14 to erichmond@eastlink.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 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.