



Bay Seniors NEWSLETTER



IN THIS EDITION

Becca's cards bring cheer to seniors

Storm test for our new home repair teams

Test your writing skills with art-inspired contest

Our members share their favourite romantic songs

Becca hopes card kindness earns Duke's award

In addition to the many other ways the pandemic has restricted activities, young people working to qualify for the Duke of Edinburgh's Awards are finding it challenging to meet some of the program requirements.

For example, youth working toward the award must volunteer in their communities, and opportunities to do that just now are quite limited.

Becca Driscoll, a local 15-year-old Grade 10 student, decided to get creative about it – literally.

Becca, who is working toward her bronze award, created 30 Valentine's Day cards, hand-writing a message in each, to be delivered to Bay Seniors members who are not online, and receive their association newsletters by regular mail.

Without the computer as a



Becca Driscoll, with some of the Valentine's Day cards she created for members of Bay Seniors.

means to stay in touch with others, Becca and her mom, Renae, felt those members may especially appreciate a little extra message of support tucked in with their February newsletter.

And what better time to send it than Valentine's Day?

In creating the cards and writing the messages, Becca says, "I don't actually have any grandparents here – my grandparents are in Australia – so I just thought about the kind of card and message I'd like to receive."

The late Duke of Edinburgh was

famous for his can-do attitude and creativity in overcoming challenges. We think he'd be just as impressed by Becca as we are.

Happy Valentine's Day, everyone, and thanks, Becca.

The Award Program

- **Founded in 1956**
- **Supports youth self-development through volunteering, physical fitness, skills development, and adventure.**
- **Half a million Canadians have won awards.**

Need help finding funds for home repairs?

Did you know there are over fifteen government programs to assist seniors and those with modest incomes with maintenance, repairs, adaptations, and other housing costs?

An exciting component of our new Seniors Home Maintenance Program is all about helping our members identify and navigate these programs.

If you or someone you know wants help, don't hesitate to contact Alana, our program manager, by emailing her at homemaintenance@bayseniors.ca or calling (902) 489-2524.

There are even a couple of assistance programs for renters.

Are you looking for help to find health resources?

Wellness navigation connects you to available resources in your community and online.

This is a free non-urgent service for individuals, families and youth offered by health professionals. It's offered in conjunction with the Community Health Teams.

Appointments can take place by phone, Zoom for Healthcare or in person (pending current public health recommendations). For more information, call 902-460-4560 and press 4.



Alana Ziegler (right) installing Pat Rodee's bolt.

Storm provides chance to test our new Home Maintenance Program

Before the snowstorm on January 25, some of Bay Seniors' Home Maintenance Program team leaders informally launched the program's first component, Community Help Groups, by helping each other prepare for the coming weather.

Alana Ziegler and Fred Dolbel visited Pat Rodee to help set up Pat's new generator and fix the bolt on her shed door. Bay Seniors volunteer and fellow Community Help Group member Barb Bauld joined in to learn more about using her own generator.

Fred has plenty of generator expertise to share, and later said "All four association members had a lot of fun participating, despite freezing fingers."

The Community Help Groups are all about connecting with other community members so that when small maintenance needs come up, there are people to contact for help.

So far, we have had requests for things like hemming curtains, installing new taps, and stabilizing a ladder—and many generous offers of help.

We will be dividing the St Margaret's Bay area into four or five local Help Group areas. That way, nearby members will get to be neighbours supporting each other.

We are planning to host some in-person information sessions and meet-and-greets at the end of the month in community centres around the Bay, so stay tuned for dates and times. We are eager to see these Community Help Groups grow and flourish, so please contact us to chat about it.

Contact: Alana Ziegler, Home Maintenance Program manager, 902-489-2524, homemaintenance@bayseniors.ca.

Reader Round-up: 'What's your favourite love song?'

In honour of Valentine's Day, we asked readers to share their favourite love song. Here are their picks:

Halina St. James:

When Neil and I went to our rental cottage in PEI, after we finished unpacking, Neil played "Where is My Love" by Joe Ely and Linda Ronstadt. Then he swept me up in his arms – literally – and we waltzed all around the cottage. We did a country waltz. It was one of the most romantic moments in my life to a beautiful, if sad, song.

Melan Sapp:

My favourite love song is Elvis's "Can't Help Falling in Love."

Linda Alderdice:

My favourite song, not just for Valentine's Day but for 12 months of the year, is Stevie Wonder's "I Just Called to Say I Love You." My grandchildren know the chorus (LOL). I sing it out loud when I am in the car, out for a walk, anywhere.

Fred Dolbel:

Anyone of a "certain age" has loads of favourite love songs I'm sure. One of mine would be "Unchained Melody" in the movie Ghost, when Patrick Swayze's character slides the penny up the door: <https://www.youtube.com/watch?v=MAB0QImjO-c>.

Elaine Brooks:

Stevie Wonder, "I Just Called to Say I Love You."

Julia Festa:

My favourite song is "Groovy Kind of Love," by Phil Collins. It was our first song played at our wedding in 1989 – it brings warmth to our hearts.

Esmé Malanchuk:

My favourite has been The Platters' "Smoke Gets In Your Eyes" for as long as I can remember, and again and again, for a good reason.

Brian Callahan:

I'm of two minds. I love Blue Rodeo's "Bad Timing" and Led Zeppelin's "Fool in the Rain." I'm a 70s/2000s guy.

Deborah Learmonth:

"To Make You Feel My Love," the Adele version. I listened to it twice the other day!

Adrian Schneider:

The Evanescence song "Anywhere" is my favourite love song because it portrays a balance of extreme emotions with optimism.

Sheila Nifort:

It's always been "A Whiter Shade of Pale," by Procul Harum. It's a beautiful song and brings back good memories.

We need a computer tech support volunteer

Bay Seniors is looking for a volunteer to help troubleshoot and train other volunteers using association Dropbox, Zoom and email setups.

(Note - this support activity is not for home and public support.)

The volunteer should be able to perform most of the technical support to other volunteers from home, and by identifying useful YouTube videos. Occasional on-site visits to the SMB Community Enterprise Centre may be necessary: <https://smbcec.org/>.

Volunteering time is flexible, according to the project being supported. For more information, please email fred@bayseniors.ca.

Join us online for our February monthly members' meeting

Mark your calendar for Thursday, February 17, from 2-4 pm for our next members' meeting.

This month's meeting will be online, in compliance with current gathering restrictions and to ensure safety for our members.

Our presenters are from Caregivers Nova Scotia: <https://caregiversns.org/>. Look for more details in our mid-month update and on our Facebook page.



Driver Wayne Duguay, next to a BayRides vehicle

Remember to renew your membership

We have switched to a calendar-year membership. If you're not sure whether your membership is current, email us at centre@bayseniors.ca or call 902-820-3334 on Tuesdays or Thursdays between 11 - 2.

Annual membership is \$10/ person, payable at the CEC, weekdays, 9 - 4, or by e-transfer to centre@bayseniors.ca (password is Neighbour). We cannot accept PayPal.

Black Point Drop-in, Fitness Classes update

Tuesday Morning Drop-in at Black Point Community Centre and Fitness Classes remain on hold for now. Watch for more information in our mid-month member update. We hope to see you soon.

February is heart month

The Heart & Stroke Foundation offers articles, recipes and tips for supporting heart health. Visit: www.heartandstroke.ca.

BayRides returns to service

After a temporary suspension of service due to the risk of transmission of Omicron and a lack of drivers, BayRides has returned with limited service, as of January 25. See details below.

- Masks remain mandatory and proof of vaccination is required for all drivers, clients, staff, and volunteers. BayRides will assist those who have been unable to download their proof of vaccination. Medical exemptions are handled individually.
- Limited service means shorter shifts for drivers. While BayRides will do its best to transport clients for specific time commitments (work, medical appointments, etc.), clients are asked to be as flexible as possible until there is a full complement of drivers.
- Clients are asked to consider travelling with other clients in the same direction because of the currently limited number of drivers.

To book a ride, call dispatch at 902-820-6600. For more information, visit the website <https://bayrides.ruralrides.ca/>.

BayRides is a charitable organization receiving government funding for transporting clients, and is a partner in the Bay Treasure Chest Association.

Member's Story: confessions of a dedicated non-romantic

By Sharon Jessup Joyce

I don't do Valentine's Day.

Bob has always known I'm not romantic. He can tell you what movie we saw on an early date, while I forget how many years we've been married.

I do appreciate the romance of vintage dishes, though.

I have a 1970s Norwegian coffee set, a 1920s breakfast set, and...well, it's a long list.

Telling you I have three sets of Christmas dishes sums it up.

So, years ago, when Bob suggested we visit a collectibles event, he was thinking sports cards, knowing I'd make a beeline for the dishes. There, I found a 1940s Myott pink transferware dessert set for six, in mint condition.

I loved it on sight.

Bob bought it for me. It was February 13, and he said, "I know how you feel about the occasion, but as far as I'm concerned, this is a Valentine's Day gift."

For me, much of the fun in collecting dishes is the research. I learned the pattern was called Appletime, made in three colours: pink, blue, and grey, with pink the rarest. And the square plates were so rare I couldn't find them online anywhere.

I began to contact vintage china dealers to try to learn more. When they heard about the set, especially the square plates, they were anxious to buy it for much more than Bob paid.

I'm still not romantic, and we still don't do Valentine's Day.

But I admit to making a special dessert for us to enjoy together on a date that happens to be February 14. And I always serve it on those dishes. As I told the dealers, I couldn't possibly sell them at any price.

After all, they were a Valentine's Day gift from my husband.



It's all about the plate... Sharon's special Valentine's Day treat.

Virtual bouquets to all our wonderful sewing team volunteers

Our whole community appreciates the beautiful creations of our Bay Seniors sewing team. In the past two years, they have gone from making tote bags, sewing face masks for the whole community, and caps and gowns for staff and volunteers in long-term care settings, to sewing beautiful quilted placemats. So a big virtual bouquet to each

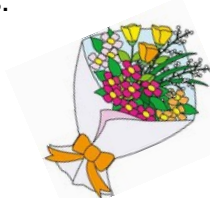
of these wonderful and talented volunteers, with our warmest thanks:

Co-leads

Betty Learning
Betty Dolbel
Carol Pottie
Glenna Earle

Team members

Linda Alderdice
Rose Boutilier



Joyce Brooks
Donna Collins
Ann Davis
Maggie Davis
Pauline MacDonald
Joan MacIsaac

Norma Morash
Nikki Moore
Sheila Moores
Jan O'Malley
Eleanor Odegard
Linda Pamenter
Mary Roddis
Marina Savoy
Joyce Smith
Janetta Tanner
Lynn Whyte

Winter in the Bay returns: a writing contest inspired by the work of local artists

The second annual Winter in the Bay is back, and this year, thanks to support from Deputy Mayor Pam Lovelace and an HRM grant, along with publishing support from The Masthead News, it's all going to be in a book.

Art by 38 members of the Peggy's Cove Area Festival of the Arts – over a third of whom are also Bay Seniors members – will be on exhibit from February 4 to March 4 at the Community Enterprise Centre, and online.

Storytelling community members are asked to select one of the pieces of art on display as the inspiration or illustration for their previously



Fill Me Up, by Connie Ivany

unpublished short nonfiction essay or fictional short story, and enter it in the Winter in the Bay writing contest. The deadline for entries is March 4.

Writers may submit only one story per category, but are welcome to submit in both categories.



Making a Bracelet, by Paula Fredericks

For more information and full contest details, visit smbcec.org/winter-in-the-bay.

The Winter in the Bay art exhibit and writing contest is an initiative by the Community Enterprise Centre (CEC), the Peggy's Cove Area Festival of the Arts (PCAFA), and The Masthead News.



Nap Time (fox series #2), by Ruth Ann Moger

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 11 am - 2 pm on Tuesdays and Thursdays.