



Bay Seniors NEWSLETTER



IN THIS EDITION

'Challenging year' says president

You share your favourite signs of spring

Casual chat leads to plan to help folks stay local

Our member wins WITB writing contest

AGM told of boosts for old and new programs

Over 60 Bay Seniors members attended our Annual General Meeting on Thursday, March 17 – many wearing green, in honour of St. Patrick's Day.

Our thanks to the St. Margarets Sailing Club for providing a lovely venue for our meeting, and to member Brian Cottam who sang a selection of classic folk and contemporary songs, accompanying himself on guitar.

In addition to the President's, Chief Financial Officer's and Grant reports, there were reports by the volunteer leads for the Home Maintenance, Fitness, Social and Drop-In programs.

Chief Financial Officer Melan Sapp thanked Pat Rodee, who has successfully applied for numerous grants to help support and expand the



programs and services of the association.

The Home Maintenance Program has got off to a strong start under the co-chairmanship of Fred Dolbel and Rick Muzyk.

Monthly updates on this program's five components (see Page 4) will continue to be shared in the newsletter.

Michelle MacLean said the association has continued to offer in-person fitness classes three times a week, except during COVID-related suspensions. The classes are very popular. A Tai Chi instructor is being sought to resume those classes.

Elaine Brooks submitted a report that, despite challenges posed by the pandemic, the association worked hard to stay

Before the annual general meeting, members heard a presentation by Tanya Ozard, supported by volunteers from the ElderDog organization (above). See story on Page 5.

connected to members through newsletters, Facebook, telephone contact, the Info Centre, and Zoom.

In-person meetings were held when possible, and it was the end of an era when we held our last meeting at Shining Waters in December.

Elaine thanked the board of the St. Margarets Sailing Club for welcoming us so warmly.

Joan Redmond reported that the Drop-In Program was

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Our new Board and Officers

Board of Directors 2022-23:

- Rebecca Weickert, President
- Pat Rodee, Vice-President
- Melan Sapp, Chief Financial Officer
- Heather Thompson, Secretary
- Elaine Brooks
- Keith Innes
- Yvon Madore
- Michelle MacLean
- Joan Redmond
- Heather White

AGM hears of program plans

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launched and then relaunched – after a COVID interruption – and activities and attendance continue to grow, with rug-hooking, knitting, pickleball, indoor lap-walking, individual workshops such as card-making and Ukrainian Easter eggs, and more to come.

Joan thanked the Black Point and Area Community Centre for its wonderful support as host location.

Virtual Bouquet for Black Point team

Joan Redmond and her fellow volunteers with the Bay Seniors Drop-In Program have a virtual bouquet for everyone at the Black Point and Area Community Centre for the opportunity to get our members together, and for welcoming us so warmly every Tuesday.



'Another challenging year' - President

In her President's Report to the AGM, Becky Weickert reflected on how the association had adapted to life in a pandemic.

Another challenging year in 2021 with stops and starts and a new variant. The Seniors Association once again did a great job at serving our seniors and keeping them informed and in touch. One of our programs that helped was computer courses complete with a tutor from the high school and the loan of a tablet. The classes



were well attended and enabled seniors to contact their friends and families via Facebook, Zoom, etc. We also continued with volunteer grocery delivery, art and jewellery shows, participating in events such as Share the Harvest and Winter in the Bay. Additionally, we began a Drop-In Program at the Black Point Community Centre using the venue for interest groups such as rug-hooking, indoor walking, card-making, and pickleball. We expect that participation will continue to grow in these activities as restrictions are lifted.

Thank you as always to the Board, our volunteers and our members for their continued hard work and support. We would not exist without you. I especially want to recognize Fred Dolbel, who has served on our Board since incorporation on December 4, 2009. Fred has decided to take his leave from our Board and enjoy a much-deserved rest; but in typical Fred fashion he has agreed to accept a position as 'Advisor to the Board' which will enable us to continue to benefit from his vast experience and wealth of knowledge.

I look forward to seeing everyone at the monthly meetings and various events, as 2022 promises to be a much better year.

Stay well and positive.

Becky Weickert, President

Reader Round-up: 'What's your favourite sign of spring?'

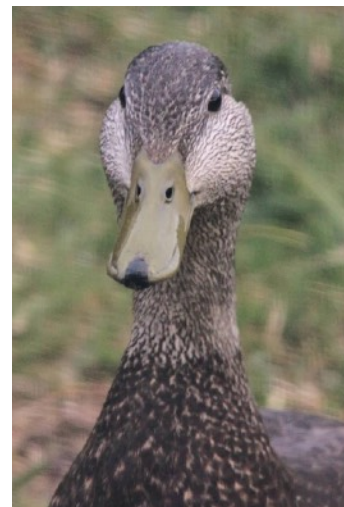


Joan Redmond:

"When I see a snowdrop, it makes me feel like there's hope. And it's always been that way, even when I was a kid, because they came before the crocus... snowdrops are such brave little flowers."

Heather White:

"Early crocus blooms casting off last year's cloak of leaf litter represent new growth in the midst of decay, hope dimming despair. (This photo was taken in my mother's garden on April 4, 2013, the day after she died.)"

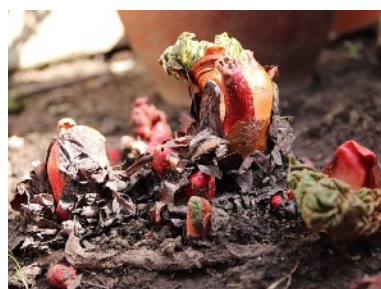


Carl Breckenridge:

"The ducks walking up from the ocean to find a place to nest. They waddle all over the place, and they go to the darnedest places when they're looking for the right spot. It always makes me laugh. And I like when the male pheasants start thumping and crowing, too."

George Gall:

"Spring is a wonderful season. Winter has closed its dark doors, bringing daffodils and crocuses with their array of colours all awakened by the chorus of birds' song, followed by the pale green budding trees. Turning the clock back to my childhood on the farm, I think of newly born lambs all frolicking in pastures green, and the cattle, just released from their inside winter enclosure, momentarily blinded by the daylight, having a field day running and bucking around in their wide open new world."



Shelley Webb:

"Rhubarb sprouts in the garden – the only new growth in which the deer apparently have no interest. Always look forward to enjoying tasty rhubarb-pineapple jam."

Beverly Carlsen:

"It's the robins. Their song, and just seeing them. When I was in school and we lived on Bellevue Avenue in Halifax, I would take the screen out and sit on the windowsill and just enjoy the robins. When I took my dog out today, there were so many birds singing, and it always feels like such a happy part of spring."



Member's Story: Helping folks stay close to the Bay

By Rick Muzyk

Last spring, I was sitting with some of my neighbours talking about friends in the area who had to move out of their homes over the last two years. As they got older, the challenge of keeping up their home and yard became too much. As a senior, feeling pressured to leave the community seemed to be quite normal.

That conversation disturbed me. The thought of leaving my home on St. Margaret's Bay, moving into the city, and living on the sixth floor of an apartment building, is absolutely unappealing. I will do everything I can to stay in my home. Not only that, I will do whatever I can to help my neighbours stay in their homes.

The day after this neighbourhood discussion, I called Fred Dolbel, and we discussed what the Seniors Association could do to support our community with home maintenance issues. My initial idea was to encourage neighbours to help each other. We all recognize that as our strength, stamina and steadiness begin to decline, some of the basic home maintenance tasks begin to get more challenging. Sometimes an extra set of arms for an hour or two, or someone to hold the ladder, goes a long way to make it easier to maintain our homes.

We formed a small steering committee and an advisory group to explore our options. Over the past year, our Seniors Home Maintenance team has developed five components for our Home Maintenance Program.

What started as a casual chat among neighbours has grown into an extensive program to support our members to stay close to this beautiful Bay we call home. As part of that, we would love members to share their own stories of neighbours supporting each other, or stories of home maintenance adventures.

Also, if you are interested in the program, contact Alana Ziegler by calling 902-489-2524 or sending an email to homemaintenance@bayseniors.ca.



Rick Muzyk (left) working on a project with Gerald Seibert.

The Bay Seniors Home Maintenance Program includes:

- *Community Help Groups (neighbours helping each other)*
- *Assisting seniors to find funding for home repair (we have identified programs and can help with an application if required)*
- *Home repairs assistance for those in financial need (we focus on supporting people who need help with safety related projects)*
- *Local Services Directory (we will be launching on-line local services directory in April)*
- *Casual Help Directory (We are working with local people who are available for home and yard maintenance work at local hourly rates)*

Celebrating an 'awesome colleague'

By Beverly Carlsen

Carl Breckenridge joined the Board of Directors six years ago, and he was quickly appreciated for his kindness, his ability to get along with all different kinds of people, and his willingness to work hard, qualities he constantly demonstrated for several years as the Chair of the Bay Expo Planning Committee, and the Tuesday volunteer in the Bay Seniors Info Centre.

While Carl has finished his time on the Board of Directors of Bay Seniors, he remains as Chair of Bay Expo 2022. As a member of that committee, I'm grateful to still be working with Carl, appreciating his thoughtful leadership, his graciousness, and his wonderful laugh.

Flea market items needed for Bay Expo

This year's Bay Expo takes place at the Estabrooks Community Hall, Lewis Lake, on Saturday, May 28, from 11 am to 3 pm.

Bay Expo showcases local businesses, home crafters, and organizations.

The Bay Expo flea market is looking for donations of gently used items. If you have something to donate, please contact Pat.Rodee@dal.ca as soon as possible to discuss pick-up/drop-off arrangements. No books or clothing, please.



How ElderDog supports us and our pets

When Ardra Cole's brother died suddenly, she took in his dog, Mister Brown. Ardra, a university professor and Alzheimer's researcher, was glad she could give the dog a loving home.

"But what happens to all the other Mister Browns?" she wondered.

That question, says Tanya Ozard, our March monthly meeting speaker, led to the creation of ElderDog, now a registered charity with branches – or paws – all across Canada.

The organization's services include supporting seniors to care for their dogs, providing care and companionship for dogs affected by disruptions caused by the illness or death of owners, providing education on the value of the human-canine bond, and supporting and conducting research on the human-canine bond.

"Yes, we walk your dog for you," says Tanya, the Halifax pawd

Maddie (above) joined us for our March meeting, when we learned how ElderDog supports seniors and their pets.

leader, "But it's so much more than walking your dog."

The isolation so many of us experience during COVID is a constant reality for some seniors, says Tanya.

"If you can't walk your dog anymore, or have trouble giving the dog medication, we're there, 7 days a week, at your door. Sometimes we're the only people a senior sees regularly. This support often makes the difference between whether a senior can keep their beloved pet."

However, when circumstances make that impossible, ElderDog arranges foster care or adoption for dogs who have lost their owners due to a change in residence, illness or death.

To learn more about ElderDog visit their website at <http://www.elderdog.ca/> or email elderdog.hfxpawd1@gmail.com.

Legal tips for anyone planning renos

**Monthly Members Meeting
Thursday, April 21, 2 - 4 pm
at St. Margarets Sailing Club**

By Elaine Brooks

The theme for this meeting could be summed up as "An ounce of prevention is worth a pound of cure."

Lawyer Dianna Rievaj will share tips for hiring contractors, addressing situations that include: contracts; work not going according to plan; deposits; poor workmanship, and more.

Dianna's expertise is a perfect complement to our growing list of bona fide local services and companies, being compiled through Bay Seniors' Home Maintenance Program.

Community Help Groups

You're invited to attend one of the next meetings of our Community Help Groups:

April 20, 6 pm

Black Point and Area
Community Centre

8579 St. Margaret's Bay Road
Black Point.

April 25, 6 pm

Community Enterprise Centre
5229 St. Margaret's Bay Road
Upper Tantallon.



Decorate eggs and help a good cause

Thank you to Esmé Malanchuk, who has offered a third workshop on the art of decorating Ukrainian Easter eggs.

It will take place on Tuesday, April 12 at the Drop-In Program at the Black Point and Area Community Centre.

The first two workshops sold out quickly. Pre-registration, no later than Thursday, April 7, is required.

There is no fee for this workshop, but participants are invited to make a donation to the [United Nations Crisis Response](#). To pre-register, email dropin@bayseniors.ca or stop by the Community Enterprise Centre, weekdays, 9-4, or call 902-820-3334 on Thursdays between 10 am and 2 pm.

Our member is one of winners in WITB writing contest

Congratulations to Bay Seniors member Margo Mosher-Swain, who was one of the winners in the Winter in the Bay writing competition. Margo tied for first place in the Adult Fiction category. Her story - Loving Aunt Nicki - was a child's perspective on a favourite aunt.

This was a double display of creativity by Margo, since her story was inspired by her own painting, 'Let Me Help'.

More than a third of the 38 artists in the WITB art exhibit are Bay Seniors members, and more than three-quarters of the WITB volunteer team, from art show coordinators to admin volunteers to judges, are members of the association.

Thinking about planting?

We are looking for Bay Seniors members who are interested in getting together this spring to talk about a simple building project: making planter boxes.

If you have the time, tools and basic skills, we will provide the plans, the coffee, and a place to hold the conversation.

Email centre@bayseniors.ca or call 902-820-3334, Tuesday or Thursday, 10am-2pm (leave message outside those hours).

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 am - 2 pm on Tuesdays and Thursdays.