



Bay Seniors NEWSLETTER



IN THIS EDITION

Our members help with accessibility research

Lend an ear when monthly meetings return

You share your photos of summer of fun

Have your say on how ageism affects you



Photo book focuses on accessibility issues for seniors

In early 2020, Bay Seniors learned of an opportunity to contribute to a research project examining how community planning can either support or hinder access by older community members.

Katie Vaughan, a Master of Planning student at Dalhousie University, attended one of our monthly meetings, and talked about her research.

Katie's project, called 'Spaces that Work for Me,' aimed to have older adults across Nova Scotia take photos of public spaces that support access and those that limit access.

Participants were asked to provide a brief description with each photo, explaining what made that space good or bad. Simple things, like the presence of public seating to allow going for a walk, or narrow, crumbling

road shoulders that make walking less comfortable and safe, were identified by participants.

Because of the timing, Katie had to recruit participants during Covid. She responded to the challenge by creating an arms-length format for participants to share their photos and commentary.

Bay Seniors stepped up to help, recruiting several of the study's first-phase participants from amongst our membership. In addition to supporting research relevant

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Summer fun in St Margaret's Bay. Our member Margo Mosher-Swain (second from right, wearing pink) and friends enjoy kayaking together regularly. Margo submitted this photo by Beth Newman for our Reader Round Up feature on page 3 - which is where you can see how other members had fun in the sun this summer.

Tablets for Seniors program

Looking to upgrade your computer skills? Kind and knowledgeable high school students provide one-to-one or small-group training. Whether you need to start with the basics or you're interested in improving your existing computer skills, your instructor will tailor sessions for you. Email tablets@bayseniors.ca for more information.

Dalhousie expert talks about the future of food

Athenaeum Society presentations are restarting after a Covid break. Dr Sylvain Charlebois will speak on 'The Future of Food' on Sunday, September 18.

Dr. Charlebois (pictured below) is a professor in food distribution and policy in the Faculties of Management and Agriculture at Dalhousie University.

His presentation will address food issues, including meat and alternative proteins, food produced in bioreactors, over-fishing of oceans, plant-based alternatives to dairy, use of



hydroponics, modifications in traditional farming methods, and food-price inflation.

He has authored five books on global food systems, and his research has been featured by numerous media outlets.

The Athenaeum Society's presentations are held the third Sunday of each month at 2.30pm at the Ocean Swells Community Centre in Northwest Cove (2726 Hwy 329).

Presentations are free, and all are welcome. Learn more about the society at athenaeumns.org.



Our monthly meetings resume with a talk from an audiologist. And a reminder - we meet at the St Margaret Sailing Club, not Shining Waters.

A healthy ear means a healthy brain: join us to find out more

By Elaine Brooks

It's that time of the year again when we get ready to welcome the membership back for the monthly meeting series, and we hope you will be able to join us for the first meeting of 2022/23 on Thursday, September 15.

We have a good line-up for the coming months, so it promises to be an informative and interesting year. Meetings are held the third Thursday of the month, 2-4pm, at St. Margaret Sailing Club, 5 Foxberry Hill, Glen Haven.

The topic of the September meeting is 'Ear Health Leads to Brain Health.' Audiologist Jenna MacKay will focus on the link between hearing and cognitive health, covering the basics of how our ears and brain work and how we can keep our ears healthy long-term.

Meetings are open to current Bay Seniors members.

Membership is \$10/year/person and can be paid at the door or by stopping by at the Community Enterprise Centre during business hours.

Tuesday Drop-In Program

Join other Bay Seniors members every Tuesday morning starting on September 20, 10am-noon, to work on your own handcraft projects, learn new skills, attend one-time workshops, or enjoy coffee or tea and a chat.

Pickleball is 1-3pm Tuesday afternoons.

For more information, email dropin@bayseniors.ca or call 902-820-3334 on Tuesdays or Thursdays, 10am-2pm (leave a message if calling at another time).

Looking for volunteer opportunities with Bay Seniors?

Watch for details in future newsletters and on Facebook.

Reader Round Up: Summer Fun



Clockwise from top left: "A large day on the Bay" for Doug and Donna Allen; "Happy Birthday" say Beth Newman (far left), and Sheilagh McQuinn (second from right), with fellow volunteers to mark the tenth anniversary of the Tantallon Village Farmers Market in August; tasty pickings for Chris Pelham, blueberry-picking with his family; Becky Weickert's granddaughter Grace, visiting the Sistine Chapel Exhibit in Halifax; and just chilling... forget the coffee break, Adrian Schneider enjoys a workday ice-cream break.



Member Story: Summer Fun

Painted paddle predicted race outcome

By Mary Lynne MacKay

I had the pleasure of being the on-site resident artist for the 2022 ICF Canoe Sprint and Paracanoe World Cup Championships held at Lake Banook last month.

I was there for four days, painting alongside the podium and finish line.

It was exhilarating to meet so many wonderful athletes from all over.

Here is a picture of me with Sebastian Brendel of Berlin, Germany. He and his teammate, Tim Hecker, won gold.

Sebastian had asked me to create a painting on his paddle for him three days before their gold-winning moment.

I put his canoe on the finish line in the painting, of course not knowing the future outcome of his race.

Maybe the painting manifested a big win! Sebastian was thrilled...and so was I.



Bay Treasure Chest

Bay Seniors is a proud Bay Treasure Chest partner, and is grateful to the many BTC players who help fund valuable programs and services for our community.

Third time's a charm for Party at the Market

Rain in the forecast caused a double delay of this event, scheduled first for July 19 and then for August 9.

Organizers say the third time's a charm, with a new date of Tuesday, September 20, 2-5pm.

This time, the event will happen rain or shine, with the flea market and jewellery and book tables moving to the deck and indoors at the Community Enterprise Centre if it rains.

The delays have resulted in one piece of good news: additional items have been donated, which means the sale will be even bigger and better than originally planned.

Proceeds from the flea market will go to Bay Seniors, from the jewellery tables to the SMB Food Bank, and from the book tables to the Western Halifax Community Learning Network.



And the Virtual Bouquet goes to...

Bill Roberts, volunteer director of operations with the Bay Treasure Chest Association, offers a big virtual bouquet to the many members of Bay Seniors who generously dedicate hours of volunteer time each month to the BTC's toonie count.

Photo book puts accessibility in focus

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to seniors, our participation helped ensure experiences of seniors in rural communities were well represented.

A second phase of the project sought input from more Nova Scotians aged 60 and older. The result, a photo book called 'Age Friendly in Focus,' can be seen here: nscommunitylinks.ca/age-friendly-in-focus/.

Community Links: Aging Well Together, a partner in Katie Vaughan's work on community accessibility, offers additional information and tools to help seniors safely navigate our communities.

One of these is the organization's 'Preventing Falls Toolkit.' See more information on the kit here: nscommunitylinks.ca/preventing-falls-toolkit/.



Calling lovers of craft beer

Bay Seniors members interested in the history, art, and appreciation of craft beer are invited to reach out to bobjoyce14@gmail.com to join a newly forming interest group.

Meeting format, location and frequency will be determined together by the membership.



This photograph was taken by Bay Seniors member Stuart Moors. It was one of the images Stu submitted to the 'Spaces that Work for Me' project, and it was included in the photo book as an example of the value of having places to stop and sit.

Housing coalition seeks community input on problems facing seniors - and solutions

The challenge to find available and affordable housing in the St. Margaret's Bay area is not unique to seniors, but is often compounded for seniors by the physical and financial demands of managing a property.

The St. Margaret's Bay Housing Coalition, a sister organization to Bay Seniors, invites community members to follow its Facebook page to learn more about financial-aid programs for householders and trends in housing, and to connect with other community members.

The Coalition also seeks community members' stories about their housing challenges – and any strategies you may have found for addressing these.

Do you have adult children who can't afford to move out? Are you ready to downsize, but can't find an affordable space in the area? Maybe you have friends and family who have had to move into the city to find rental accommodation – or perhaps you've heard of a home-sharing situation that helped someone to be able to stay here.

Continuing to gather input from St. Margaret's Bay residents will help the Coalition to develop a collective community understanding of our housing needs, and a collective voice for addressing them.

Visit the Coalition's Facebook page at facebook.com/smbhousing/, or email smbhousingcoalition@gmail.com.

Have your say on how ageism affects you

Did national CTV new anchor Lisa LaFlamme's decision to go grey during Covid play a role in her losing her job earlier this summer?

While we will likely never know for sure, the possibility that LaFlamme's grey hair and age – 58 – played a role in her departure from CTV has fuelled a national conversation about ageism on television and elsewhere.

If you would like to share a story about your own experiences with ageism, the federal government wants to hear from you. The federal, provincial and territorial ministers responsible for seniors has launched an online consultation, seeking stories from Canadians about their experiences with ageism in the following areas:

- Employment
- Health and health care
- Social inclusion
- Safety and security
- Media and social media

Learn more and share your story by September 30 here: esdc-consultations.canada.ca/ageism-consultation.



Caregivers support group meetings

Caregivers Nova Scotia coordinates a support group that meets the fourth Thursday of the month, 2-4pm, at the Tantallon Public Library.

The group is open to anyone who provides unpaid care to a family member, friend or neighbour. For more information, call JoAnne Connors at 902-421-7390.

Giving a little more heat to a hot summer... Seniors Association member Karen Llewellyn in her greenhouse, getting ready to harvest chili peppers for a batch of salsa.

Needle Niche at Tantallon Public Library is a drop-in event every Thursday from 7-8.45 pm to work on your own knitting, crocheting, or other needlework projects, with access to the library's crafting resources and advice and support from fellow stitchers.

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.