



Bay Seniors NEWSLETTER



IN THIS EDITION

Your ideas on a perfect Thanksgiving dinner

How to guard against telephone scammers

Drop-In Program offers something for everyone

Have your say on dementia care

Put your skills and experience to work for the benefit of others

Submitted by Karen Damtoft

Volunteers are the heart of Bay Seniors. In fact, we're all volunteers here!

Bay Seniors has a constant need for new volunteers to join us so we can continue to offer our current programs and activities and introduce new ones.

You may have noticed that we aren't a stagnant organization. In the past few years, for example, we've started up the Home Maintenance Program, the Tuesday Drop-In Program and raised more than \$5,000 through our Saturday Sparkle jewellery sales to support the food bank.

If there's a demand for an activity and we have a leader, we'll get that going too. Whether you have just a few hours in total to spare, or are looking for something to sink your teeth into (or anything in



Some of our volunteers in action. Sewing team leads (l-r) Carol Pottie, Glenna Earle, Betty Dolbel and Betty Learning provide an escort for pickleball coordinator Patt Dunphy, who'd just won one of their bags as a door prize at a Bay Seniors meeting.

between) we'll do our best to find a role that fits you.

Your skills, knowledge, experience and abilities will be welcome and valuable with Bay Seniors.

Perhaps you can suggest how you can help us, or take a look at the current needs below:

- Update website information
- Take photographs
- Bake cookies
- Set up for the Drop-In Program on Tuesday mornings

- Lead an activity at the Drop-In Program
- Take on a project to prepare a reference list of other seniors' programs, services and activities in the area
- Bookkeeping support (Sage or Quickbooks)
- Occasionally help with events and activities

Contact Karen at volunteer@bayseniors.ca or leave a message at 902-820-3334. Thanks for your interest.

Monthly Meeting

Check if you qualify for home warming help

Mark your calendars for Thursday, October 20, 2-4pm, and plan to join us for our Monthly Members' Meeting at the St. Margaret Sailing Club in Glen Haven. Our guest speaker will be Gary Ferguson with the Home Warming Program.

You can learn more about the program at www.HomeWarming.ca.

After his presentation, Gary is available to meet individually with members to help assess eligibility for the program and, if you're eligible, Gary can help you complete the application.

Your notice of assessment and a copy of your latest property tax bill are needed for Gary to determine eligibility.

Check out the items for sale on the Bay Seniors sewing and jewellery tables, enjoy music by our friend Brian C., and chat with old friends and new over tea, coffee, and a snack.

Starting with this meeting, members are invited to bring non-perishable food items for the St. Margaret's Bay Food Bank.

Ruth, the food bank's manager, tells us they've started to collect items for the Christmas hampers, and some of the items they appreciate for the hampers include: jam, pancake mix, pancake syrup, boxed dressing/stuffing, canned gravy, canned apple sauce, instant coffee, tea, crackers, and candies and chocolates.

Fiona puts damper on Seniors Week



The NS Department of Seniors has announced that provincial activities and events scheduled to mark Seniors Week, October 1-8, are being cancelled due to ongoing clean-up following hurricane Fiona. The department will work with community organizations to consider whether events can be rescheduled.

Province provides post-Fiona aid

Premier Tim Houston announced a variety of supports for Nova Scotians affected by hurricane Fiona:

- \$100 for every household that lost power for at least 48 hours to cover the cost of spoiled food.
- \$250 for every person who must pay for tree or debris removal from their property.
- An additional \$250 on top of the existing \$750 seniors care grant to help with post-storm repairs.
- \$150 to all current income assistant recipients, including Disability Support Program participants receiving income support.

For more information, visit beta.novascotia.ca/disaster-financial-assistance-hurricane-fiona.



Donna Allen submitted this Fiona story: "We were so grateful to have our little travel trailer in our driveway for our several-day power outage. With no generator in the house, the tiny trailer propane stove was just the ticket. Pictured is our son-in-law, Dexter Coughlin, cooking by headlamp. Also pictured is our daughter, Josey Allen, eating by candlelight."

Apply together for Seniors Care and Home Heating Grants

The application process is open for the \$500 Seniors Care Grant and the new \$250 Home Heating Grant, which launched September 1, 2022.

The grants are available for eligible Nova Scotians 65 or older by March 31, 2023 who, between June 1, 2022 and March 31, 2023, have or will have an annual household net income of \$37,5000 or less and have paid or will pay for household and healthcare services and home heating.

Applications are open to March 31, 2023, and applicants are encouraged to apply for the two grants at the same time.

You can apply online here: beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant.

Party at the Market update

After being rained out twice, the Party at the Market finally happened at the CEC and the market on Tuesday, September 20. And, naturally, it rained.

More than 70 visitors took home flea market goods, jewellery, books, and art cards, and just over \$1,000 was raised, with flea market sales benefitting Bay Seniors, jewellery sales going to the food bank, and book table donations directed to the Western Halifax Community Learning Network.



Protect yourself against scammers

We've received member requests to provide periodic updates on current scams. Here are three scams that are going the rounds right now.

Scams from local phone numbers: For several years, technology has allowed scammers to appear to be dialling from the same area code as the person they're attempting to defraud.

More recently, phone numbers may appear to be from your own community or neighbourhood, or even from a legitimate government or other agency. The technology is called "call spoofing."

Seeing a phone number that appears legitimate may encourage you to let your guard down.

If you don't recognize the phone number, be aware the person calling you could be anywhere in the world, using call spoofing.

Claims of unauthorized charges on your credit card or online account: Callers say they need your credit card number and PIN to reverse the charges. No bank, credit card company or legitimate online merchant will request that information.

Canada Revenue Agency (CRA): While it is true that the CRA never used to send text messages to taxpayers, that is no longer the case.

They may send a text if you have included your cell phone number in your My Account information.

These texts will never ask you to confirm any of your personal details, but will instead direct you to check My Account or call the CRA.

Don't call a telephone number provided in the text, but look up the number yourself.

Anti-scam tips

1. Government departments, banks, and other agencies who may have your personal information will never call you and ask you to confirm that information.
2. If someone calls you claiming to represent the CRA, your bank, or another agency, get their name, position, and telephone number, and tell them you'll call them back.
3. If the phone number they provide doesn't match the number on your tax, bank or utility statement, call the number on the statement to confirm the call was legitimate.

Reader Round Up: a perfect Thanksgiving dinner

We asked: What do you need on the table to make Thanksgiving feel right?

Katina Chapman: Thanksgiving for me growing up always meant turkey, dressing, mashed potatoes, gravy, cranberry sauce, vegetables, and cabbage rolls – and apple pie for dessert. My mum was English and my dad Ukrainian, so Thanksgiving dinner was a celebration of both cultures.

Elaine Brooks: My mother was a wonderful pie-maker, but being Welsh, pumpkin pie was certainly not amongst the recipes I inherited, so as a new Canadian, the taste was completely foreign to me. My first attempt brought strange reactions – dare I say grimaces – to the faces of my guests, and comments like “interesting recipe.” Apparently, Grand Marnier was not something you added to the filling.

Ethel Marshall:
Sausage dressing!

Yvon Madore: I am not from a family that had a special celebration for Thanksgiving. However, the most important part of Thanksgiving is not what is on the table, but who is sitting around the table.

Eddie Shaw-Ewald: The past three Thanksgivings have been a little different for our family. My husband, Mike, and I became vegan over 3 years ago, and so recreated the centrepiece of our Thanksgiving, going from a turkey to a mushroom Wellington with a veggie gravy. The meat is not missed at all and, of course, all the fall vegetables are plentiful on our table, too.

Glenna Earle: Thanksgiving has changed for our family. When the pandemic affected our lives and we were unable to get together inside, my dear niece offered to host an outdoor gathering. About 20 of us shared buffet-style food, and a nice after-dinner fire complete with family music. Everyone loved it, especially the children. A new style of celebration was born, which will continue this month for year #3.

Member Story: Pilgrim tradition

Submitted by Beth Newman

In the United States, the grocery store chain Publix used to sell pilgrim salt and pepper shakers. They had a very cute advertisement, in which the pilgrims – a symbol of American Thanksgiving – became animated.

Living in the States, my husband Phil and I celebrated Thanksgiving for years, inviting his Canadian family and anyone else we knew who didn't have another place to go. My pilgrim salt and pepper shakers were always on the Thanksgiving table.

We continued the tradition when we moved here. I now invite the neighbours, but of course, American Thanksgiving is in November. Once we moved to Canada, we had to have two tables. So I had to get a second pair of the pilgrims for the second table.

See the animated pilgrim salt and pepper shakers here: www.youtube.com/watch?v=BVLOydduvqg





Dementia care study looking for input to help improve support

If you are living with dementia or caring for someone with dementia, Nova Scotia Health would like to hear from you.

Led by Dr. Paula McLaughlin, the health agency is working on a project called “Identifying and Understanding Gaps in Dementia Care.”

The project is trying to determine the needs of Nova Scotians living with dementia and is also looking at ways telehealth and other virtual supports can be used to improve care.

Project leaders are asking people to complete a survey to assist with the research. Folks with dementia or their family members, people caring for those with dementia and NSH professionals who provide dementia care, are invited to participate.

The survey is expected to take 20-30 minutes. And the deadline of Friday October 14 is coming up quickly.

According to the survey preamble some questions may be distressing to answer, but participants can skip questions or stop the survey at any time.

The survey is confidential and contact information is not linked to your answers. Some 600 people are expected to participate.

To take part you can click www.dementiacaresurvey.ca/ or for a paper copy of the survey you can email sophie.Stewart@nshealth.ca or call 902-473-4263.

Bay Seniors shingles vaccination program

Bay Seniors' Shingles Program offers financial assistance to eligible seniors to get vaccinated against shingles.

Call the Bay Seniors Info Centre on Tuesdays or Thursdays, between 10am and 2pm at 902-820-3334 for confidential assistance to determine whether you qualify for the program.

How safe is the water from your well?

In Nova Scotia, roughly 46% of people use private wells for their drinking water.

If you have a well, when is the last time you tested it? Only 1 in 2 well owners regularly test for harmful chemicals.

After a severe storm, especially with flooding, wells can easily be contaminated with bacteria and chemicals that can make you sick.

Rural Water Watch is a Nova Scotia organization dedicated to creating awareness in rural areas, especially marginalized communities, about the need to regularly test well water, and to understand the link between contaminated water and illness and disease.

With that in mind, they've declared October 16 as Healthy Wells Day.

Don't miss Edie's recipe tips on our Facebook page

Now that we're spending more time inside again, dietitian Edie Shaw-Ewald will again share a delicious plant-based recipe on the Bay Seniors Facebook page the first Tuesday of each month.

You're invited to share your own recipes, recipe requests, and information about favourite cookbooks, food websites, and cooking shows.

If you are not a regular on our Facebook page, you can find it at <https://www.facebook.com/bayseniors>.

Did you know... facts about seniors in NS

- By 2033, seniors are expected to make up almost 30% of the total population of the province, almost doubling the 2007 rate of 15%.
- In 2021, 30% of Nova Scotia's seniors 65 and older were moderately physically active, up just 2% from 2006.
- In 2021, almost 30% of Nova Scotians 55 and older were still in the labour force.
- Seniors aged 75 or older are the most generous age group in the province, with 95% giving to charity.
- Nova Scotia seniors aged 65-74 have one of the highest rates of volunteerism, at 53%, second only to those aged 35-44 at 55%.

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.

Drop-In Program update

Submitted by the Drop-In Program team

Bay Seniors' program at the Black Point Area Community Centre is back, every Tuesday from 10am to noon. Come check out the existing activities, learn about the events being planned, and share a request for something you'd like to do.

Play cribbage? If you're really good, challenge yourself to learn how to play Kings Cribbage. Other board games are available, or bring a partner and play a game of your own choice.

Our photo shows Brian Wilmshurst and John Comstock enjoying a game of crib.



Knitting is being taught at a beginner level. If you already know how to knit, join others knitting afghans for the patients in the palliative care unit. Or you may prefer to knit small baby hats for newborns at IWK. If you just want to knit on your own project and are looking for social time as you knit, come join us.

This year, we are fortunate to have a qualified **rug-hooking** instructor ready to teach beginners or run more skilled classes. Beginner rug hookers must register by calling 902-820-3334, so we know how many kits to prepare.

Nordic Walking with Pamela Graham starts October 13 from the Community Enterprise Centre. Please register by calling 902-820-3334, so we are sure to have the correct number of poles. Plan to meet on the CEC front porch at 10.15am. The walk starts at 10.30.

Pickleball is now being enjoyed across Nova Scotia. Come participate in this trend toward a more active life, 1-3pm, Tuesday afternoons at the Black Point Area Community Centre.

Just want a coffee/tea, a cookie and some great conversation? Come join us.

Note: When school is cancelled, the Drop-In Program is, too.

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.