



Bay Seniors NEWSLETTER



IN THIS EDITION

National innovation
award for Bay Seniors

Holiday decor from your
own back yard

Don't miss our Drop-In
events

You share favourite
Christmas traditions

Bay Seniors wins national award as social innovator

The list of Canada's Volunteer Awards for 2021, released on Tuesday, includes a familiar name.

The Seniors Association of St. Margaret's Bay has won the Atlantic Region Social Innovator award, in recognition of our creativity and dedication in serving the needs of our members and our wider community, especially during the Covid pandemic.

We were nominated by the Community Enterprise Centre. The award will be presented in Ottawa on December 5.

Two members of our board of directors will be there to accept the award on behalf of the association.

Canada's Volunteer Awards recognize community leaders, not-for-profit organizations, and other groups that have made significant contributions to improving the lives of others.



Bay Seniors board members – Back row: Keith Innes, Pat Rodee, Rebecca Weickert, Melan Sapp. Front row: Fred Dolbel, Michelle MacLean, Yvon Madore. Missing: Elaine Brooks, Joan Redmond, Heather Thompson, Heather White.

Season's Greetings

It has been an interesting and busy year for the Seniors Association of St. Margaret's Bay. I would like to take this opportunity to thank our hard-working and dedicated board of directors and volunteers.

And thank you to our members for your continued support. After more than two years of being apart, it has been so nice to be able to enjoy our association's activities, meetings and events again.

We wish you a very Merry Christmas, and a happy and healthy New Year.

Rebecca Weickert
Volunteer President

Monthly Meeting

Creating holiday decor from you own back yard

Join us for our Monthly Members' Meeting on Thursday, December 15, 2-4pm at the St. Margaret Sailing Club.

Karen Llewellyn (pictured) and Claudy Levy from the St. Margaret's Bay Gardening Club will show us how to use tree



prunings and other natural elements from our own gardens to create holiday décor.

Learn how to style an outdoor container, make a beautiful swag – much easier and just as nice as a wreath – and find out how much fun you can have making a yule log with the grandkids.

Students for Seniors will shovel your snow

If you need help clearing snow from your property, student volunteers are standing by. Call Ewen Whyte at 782-234-0347 (this is a local phone number).



NS Seniors' Minister Barbara Adams (left) and MLA Danielle Barkhouse at our November meeting.

Monthly Meeting

Speakers put health and wellness of seniors in the spotlight

Nearly 70 Bay Seniors members turned out for our November Monthly Members' Meeting on Thursday, November 17, to hear presentations by Nova Scotia Minister of Seniors and Long Term Care, Barbara Adams, MLA Danielle Barkhouse, and HRM Councillor Pam Lovelace, who was just finishing her year's term as Deputy Mayor.

Barbara Adams, who is a physiotherapist, delivered a fascinating presentation about frailty in seniors, and provided two simple exercises.

Practiced regularly, she said, these exercises can actually help seniors reduce their level of frailty (see story on page 3).

Danielle Barkhouse, MLA for Chester-St. Margaret's, spoke about the importance of volunteerism. She also described rising in the provincial Legislature on April 4 this year to recognize the Bay Seniors donated jewellery sales in support of the St. Margaret's Bay Food Bank, and the formation of its Tuesday Drop-In Program.

Pam Lovelace shared that she was just finishing her year as deputy mayor, and looks forward to having more time in her constituency.

She also spoke about the value to our community of the RCMP, noting their training in first aid, conflict resolution, and other aspects of community policing are an important part of what police offer.

Two tips to help seniors boost strength, balance

Being frail means we are less likely to recover quickly or completely – or sometimes at all – from minor illnesses, falls, and other stressors.

Factors like inactivity, poor nutrition, multiple medications, and social isolation can all contribute to frailty.

The Clinical Frailty Scale (<https://tinyurl.com/4hy22ssp>) is a nine-point scale that describes degrees of frailty from one (very fit) to eight (living with very severe frailty), with nine describing the frailty of the terminally ill.

Remaining physically active, eating well, getting sufficient rest, staying socially engaged, and working with healthcare providers to optimize our medications are all steps in reducing frailty.

Seniors' Minister Barbara Adams, at our November meeting (see page 2), recommended two exercises that can help increase strength and balance, two key elements in avoiding falls.

First, sit in a firm chair with your back against the chair back, and stand up and sit down at least 5 times. Use a chair with arms if you need to. Repeat this exercise several times a day.

Second, stand on one foot and then the other for 10 seconds. Balance yourself against a counter if you need to. Repeat this exercise several times a day.

For more detailed information on avoiding and reducing frailty, visit the Canadian Frailty Network at <https://www.cfn-nce.ca/>.



Christmas in the Bay emcee Suzie Reindeer (Halina St James), left, with Councillor Pam Lovelace and Chris Pelham, president of The Community Enterprise Centre.

Bay Seniors volunteers 'essential' to success of Christmas in the Bay

The smiles were bright despite the bitter wind, as around 500 community members came out on November 26 to embrace the in-person return of Christmas in the Bay.

Thanks to an HRM grant from Councillor Pam Lovelace, and the support of many local businesses and community groups – including Bay Seniors – who generously donated money, prizes, products, and volunteer time, family-friendly activities and food were provided at no cost to attendees.

Chris Pelham, president of the Community Enterprise Centre, which hosted Christmas in the Bay, said: “There is no question that the many Bay Seniors members who served as volunteers, bringing their experience, dedication, and sense of fun, were essential to the success of Christmas in the Bay.”

Christmas in the Bay All-Ages Colouring Contest

The fun of Christmas in the Bay isn't over yet. Check out the details about the All-Ages Colouring Contest, with original images, created especially for Christmas in the Bay by local artists.

Not only can your grandkids enter to win great prizes, you can, too.

The contest closes at noon on Friday, December 9. See more details and download colouring sheets here: <https://peggyscoveareafestivalofthearts.com/special-projects/christmas-in-the-bay/>.

You can also pick up copies of the colouring sheets at the Community Enterprise Centre.

Reader Round-Up: Your favourite Christmas tradition

Sheila Innes: a time to be with family

Keith and I both love celebrating Christmas Eve with our daughters and their husbands and granddaughter.

We all gather for dinner and the evening at our daughter Tania's.

On Christmas Day, we go to our daughter Michelle's home for a delicious turkey dinner, prepared by our son-in-law, Trevor. We just love being all together.

Keith and I stay overnight on the 24th and 25th, which makes it nice not having to drive back home.



Beverly Carlsen: real candles on the tree

Christmas has always meant having real candles on the tree, using my beautiful gold Danish candle holders. My husband and I began collecting these around 1971. I have now passed them on, sharing them amongst my grandchildren for them to enjoy.

Sharon Jessup Joyce: a little post-Christmas check-out

Boxing Day. I've made the happiest Christmas I can for my family, and I check out for 24 hours. I curl up on the sofa with a new mystery – I always get at least one for Christmas – a plate of leftovers, and a purring cat or two.

Halina St James: maintaining a tradition

Being part Polish, part Ukrainian, I love to celebrate Wigilia with friends and neighbours. Wigilia (pronounced vee-gee-lee-a) is the traditional Christmas Eve supper. The word comes from vigil - waiting for the birth of Christ. A traditional Wigilia dinner has twelve distinct, meatless dishes in memory of the 12 Apostles. Usually it includes borscht soup, herring, cabbage rolls and pierogi. And it ends with poppy seed cake. And we make an extra place-setting for the 'unexpected guest.'





Our creative quartet of Sewing Team leads: Glenna Earle, Betty Dolbel, Carol Pottie and Betty Learning

Happy holidays from our nimble-fingered sewing stars

Submitted by Betty Dolbel, Glenna Earle, Carol Pottie and Betty Learning

The Bay Seniors Sewing Team coordinators would like to thank the many sewers, pattern cutters, and fabric donors and purchasers for their contributions in support of our program since its inception in 2019.

We are pleased to report that, to date, we have accumulated \$12,225 in product sales! These funds were donated to Bay Seniors toward programs and services.

We will be taking a break over the Christmas season, but will start up again in January. If any new sewers would like to join us in this worthwhile activity, please contact us at centre@bayseniors.ca, call 902-820-3334 and leave a message, or stop by the Community Enterprise Centre to leave us a note.

Again, a big thank you to you all who helped in any way, and we wish everyone a wonderful holiday season.

Sewing Team's items are perfect stocking-stuffers

Visit the Community Enterprise Centre to pick up some perfect small gifts for Christmas, including the recently introduced fabric storage boxes, tissue package holders, and car trash bags.

And check out the brand-new tote bags without the Bay Seniors branding.

You can also choose from a selection of these items at the December 15 monthly Members' Meeting.

Bay Seniors volunteers: the heart of what we do

By Karen Damtoft

In 1985, the United Nations General Assembly founded International Volunteer Day. Celebrated annually on December 5, it is a day to recognize and promote the work of volunteers around the globe. This year's theme is 'Solidarity Through Volunteering.'

The UN explains their message: "Volunteering is where compassion meets solidarity. Both share the same root values – supporting each other from a position of trust, humility, respect and equality."

Bay Seniors volunteers are at the heart of all we do! We appreciate each of our volunteers and the millions of other volunteers around the world who contribute meaningfully to their communities.

New healthcare directory on our website

Need a local health service provider? The new Healthcare Directory on the Bay Seniors website has listings for everything from A (assisted living) to Y (yoga).

Please browse the directory at <https://bayseniors.ca/healthdirectory/>.

If you know of a healthcare or allied provider to be added, please let us know.

Time to renew your Bay Seniors membership

Bay Seniors memberships (\$10/year/person) run from January to December. You're welcome to renew your membership at monthly meetings or by dropping by the Community Enterprise Centre, 9am-4pm. You may also pay by e-transfer to centre@bayseniors.ca, password: Neighbour.

YMCA snow removal program

Seniors aged 65 or older may qualify for a snow removal program offered by the YMCA to residents of HRM. The program clears front and back steps, walkways, ramps, and access to fuel tanks, but not driveways. For more information on eligibility criteria, visit: <https://tinyurl.com/3d4h3byx>

Christmas tea for seniors

St. Nicholas Anglican Church, 29 Westwood Boulevard, Westwood Hills is offering Christmas Tea for seniors on Sunday, December 11, 1-3pm. It's free, but please RSVP by Friday, December 2 to 902-826-1156 with the number of people attending.

Drop-In Program update

Submitted by the Drop-In Program team

You are invited to join us at our Drop-In Program on Tuesdays at Black Point & Area Community Centre at 8579 St. Margaret's Bay Road. If you don't have access to transportation, please contact us, and we'll be happy to help you get there. Email dropin@bayseniors.ca or call 902-820-3334.

10am – noon: Knitting, rug-hooking, cards and board games.

There is no charge, and supplies are provided. Refreshments are available.

1-3pm: Pickleball (there is a \$2 charge).

Special December activities

December 6, 10am-noon: There are a few spots left in our Christmas card and gift-tag workshop. Admission is free, and all materials will be provided, but pre-registration is required.

December 20, 10am-noon: Join us for a relaxed Christmas-themed morning, with music, special treats, and eggnog.

- Morning and afternoon activities will be closed on December 27 and January 3, as we take a break over the holiday season. We reopen on January 10 with our regular activities.
- January is earmarked as Games Month. More details to follow in the January newsletter.
- Please remember, when schools are closed due to bad weather or bad road conditions, the Drop-In Program is also cancelled.

Nordic walking to continue through the winter

Pam Graham, the leader of the Bay Seniors Nordic walking group, says walks will continue through the winter month, weather and trail conditions permitting. Pam will post a message on the Bay Seniors Facebook page when walks must be cancelled. Check the page Wednesday night and Thursday morning for cancellation notices.

The group meets at 10.15 at the Community Enterprise Centre, setting off for a one-hour pole walk on the St. Margaret's Bay Trail at 10.30. Interested in joining, but don't have your own poles? Pam says they will be provided.

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.