

Happy
NEW
YEAR

Bay Seniors
NEWSLETTER



IN THIS EDITION

'Coming Home' theme
for Winter in the Bay

Try swapping the TV for
the trail

If you have the urge to
purge, we can help

You tell us what you like
about winter

'Coming Home' is theme for 3rd annual Winter in the Bay

Winter is a great time to spark creativity, as many members of Bay Seniors can attest.

The third annual Winter in the Bay art exhibit and writing contest runs from January 20 to the end of February, with this year's theme being 'Coming Home.'

Both the art exhibit and writing contest have always been well supported by Bay Seniors members.

This year's theme, Coming Home, encourages visual artists and writers to explore the meaning of home in its broadest sense.

Full details on the exhibit and contest will be in our January mid-month newsletter update and on participating partners' social media, as well as in The Masthead News.

As in previous years, writers are invited to submit unpublished nonfiction essays



Artist and Bay Seniors member Margo Mosher-Swain will enter this painting, Watching for Granddad, in this year's art exhibit. Margo is the coordinator of the art exhibit for Winter in the Bay 2023.

or short fiction inspired or illustrated by one of the works in the art exhibit.

The event is co-sponsored by the St. Margaret's Bay Community Enterprise Centre, the Peggy's Cove Area Festival of the Arts, and The Masthead News, joined this year by the St. Margaret's Bay Housing Coalition.

So come on, writers and artists. Start thinking.

Our volunteers help with food bank hampers

A big 'thank you' to the Bay Seniors volunteers who pitched in with food bank volunteers to help with the St. Margaret's Bay Food Bank Christmas Hampers.

It was a community project, with our friends at BayRides filling two of their vehicles and delivering the hampers to grateful families.

Monthly Meeting

Do you have the urge to purge? It's time to tackle the clutter

Save the date: January 19, 2-4pm, is our next Monthly Members' Meeting at the St. Margaret Sailing Club in Glen Haven. Refreshments will follow the presentation.

Submitted by Elaine Brooks

Louisa Horne is presenting 'Lighten Up! Start the Year Off with Decluttering' at our January Monthly Members' Meeting.

Louisa (pictured) is founder and certified relocation transition specialist with Epilog Transition Services.

"Clutter happens," says Louisa.



"Too much stuff happens. And now the kids don't want Aunt Ethel's china or her ceramic cat collection – or your buffet and hutch."

Louisa will share Epilog's Five Ds of Decluttering. She promises: "You'll leave the meeting feeling a little lighter, with some practical tips about how to approach decluttering, and a better understanding of the emotional attachment we have to our treasures."



(Left to right) Claudy Levy, Becky Weickert, and Karen Llewellyn at the December monthly members' meeting.

Monthly Meeting

Festive fun and gorgeous greenery at our December meeting

More than 60 Bay Seniors members came out on December 15 to enjoy some festive piano music provided by Paula English and to learn how to create holiday décor from garden prunings.

Karen Llewellyn and Claudy Levy, members of the executive of the St. Margaret's Bay Gardening Club, demonstrated making a door swag, a yule log table centrepiece, and an outdoor container of greens.

Refreshments were served, and the festive décor Karen created was given out as door prizes to four happy and lucky winning ticket holders.

Though the Christmas season has passed, Claudy, a landscaper, says this is a good time to prune evergreens. So if you'd like to add some lovely greens now to brighten your doorway through the winter, check out a video Karen made on this topic: <https://smbcec.org/uncategorized/christmas-in-the-bay-diy-holiday-decor/>.

Shingles support available for eligible seniors

You can still get shingles if you've been immunized, but it's anywhere from 4 to 12 times less likely if you HAVE been immunized. The risk of developing shingles goes up as we get older, so vaccination is recommended for seniors.

The Bay Seniors' Shingles Program offers financial assistance to eligible seniors to be vaccinated against the illness. Call the Info Centre at 902-820-3334 for confidential assistance to determine your eligibility. Shingles is caused by the same virus that causes chicken pox.

Member Story: the benefits of swapping the TV for the trail

Brian Wilmshurst (pictured) reflects on the health and social benefits of Nordic walking

I joined Bay Seniors 5 or 6 years ago with my wife, attending the monthly meetings until she became unable to go. Once she went into a nursing home, it took me a while to get my feet under me, but I started attending the Drop-In Program this past spring.

I like the games part of it, and I now go early to help to set up the games, putting out tables and chairs. Someone there brought up the Nordic walking group.

I knew that, physically, I wasn't as fit as I should be. I had spent several years not as active as I wanted to be, and I saw people in my neighbourhood walking with the poles.

I joined the Bay Seniors Nordic walking group Pam leads on Thursday mornings. The fact that it's structured gives me something to look forward to, and helps make sure I do it.

I use the poles provided by Bay Seniors.

There are two main differences I've found walking with poles.

First, I have balance issues – I have Meniere's disease – so the poles help me support myself. As we age, our balance can become poorer, so having the poles while walking helps confidence.

The other difference is that the poles take some of the work from your legs, and you use more of your upper body to propel yourself along.

The social aspect of the group is good, too. It's always nice when you can walk with other people and learn about them, and what's going on in their lives.

As time goes on, Pam will help us keep going with this. For example, we'll learn to walk with cleats, so we can walk during the winter.

It's so easy to say, 'I'm not going out to walk in that,' but it's important that we continue to get out there. I spend more time than I should watching TV or YouTube on my computer, so my message to others would be, 'Get off YouTube and come out and walk with us!'

Interested in walking more to increase your overall fitness level and reduce your frailty risk? Here are some Bay Seniors options:

Nordic walking with poles, offered by Bay Seniors on Thursday mornings. Meet at the Community Enterprise Centre at 10:15 and join leader Pam Graham and your fellow walkers for a one-hour walk on the St. Margaret's Bay Trail. Poles will be provided if you don't have your own. If the walk is cancelled because of weather or trail conditions, a notice will be posted on the Bay Seniors Facebook page.

Indoor lap walking, at the Bay Seniors Drop-In Program on Tuesday mornings. Walk in the comfort and safety of an indoor location – and then join other Drop-In Program participants for tea or coffee and a chat. Available 10am-noon at the Black Point and Area Community Centre.





(L to R) Diana Higgs, Joan Murphy and Robyn Thompson at the card-making workshop.



Rita Jenkins (left) and Lynn Whyte at the card-making workshop.

Snow-shovelling students standing by

Call Ewen Whyte, Students for Seniors, if you need someone to shovel snow for you.

Ewen's phone number is 782-234-0347 (it is a local number).

Creativity on show at our card-making workshop

Submitted by Karen Damtoft

Creativity flowed at the Drop-in Program's Christmas card-making workshop on December 6.

Thanks to Lynn Whyte, who provided reams of beautiful paper, stickers, sequins and all the tools necessary to make festive cards and gift tags.

With encouragement from Lynn and that of her helpers, Beverly Carlsen and Rita Jenkins, who brought her cuttlebug machine to make paper cut-outs, participants clearly enjoyed themselves.

And the results were beautiful.

Is Community Land Trust a solution to housing crisis?

The availability of affordable housing has reached crisis levels in Nova Scotia, but it's a problem that has been on the community's radar in St. Margaret's Bay for many years.

Now, the Community Land Trust (CLT) model, an idea that comes from experiences in the US and UK, is being explored and is beginning to be implemented in Canada.

A CLT is also under consideration for HRM.

A CLT is a community-based nonprofit organization that owns land, using it for community benefit. The CLT owns and manages the land outside the real estate market by stewarding land and related public assets on behalf of the community.

This stewardship may include creating accessible and sustainable housing for people with disabilities and seniors with limited incomes, and for other community members whose marginalization restricts their equitable access to housing.

A Halifax Community Land Trust project is in the discussion stages, and organizers are reaching out to potential allies, including the St. Margaret's Bay Housing Coalition. An information meeting, which is open to the public, is planned for Thursday, January 19, 6-7.30pm, at the Tantallon Public Library.

More information will be provided in our January mid-month newsletter update, going out to members on January 16.

Reader Round-Up: "What I (honestly) love about winter."

Becky Weickert:

For me, it's the memories of family fun – skating, sledding, bonfires and hot chocolate. One rather outdated activity was when my dad would pull us behind the car on a toboggan – there were five of us, and I thought he might be trying to cull the herd! But we loved it.

Karen Damtoft:

My driveway is small enough for me to enjoy shovelling snow. The exercise and fresh air are invigorating.

Marie Nemeth:

When we have snow, I like tobogganing with grandkids, snowshoeing, and the sunlight sparkling on the snow.

Esmé Malanchuk:

In Alberta, I looked forward to skiing and ice-fishing. Nova Scotia winters are too hard on my bones!

Yvon Madore:

The best thing about winter is that my golf group still gets together on a weekly basis and plays snooker – indoors of course. So, when golf season starts up again, we are all ready with the barbs and comments based on the past off-golf season kibitzing. We also have some social evenings during the off season with our wives.

Pam Graham:

I like the snow. I still like to build a snowman or make snow angels, and I like to snowshoe, too! I think it's pretty.

Just because the call is from a number you know doesn't mean it's not a scam

One of our members, Diane, recently shared a story with us about a scam attempt gone awry.

After a series of scam phone calls that appeared to be from numbers in her neighbourhood, Diane was intrigued to see her own phone number show up in the caller ID one day.

She answered the phone, and heard a recorded message saying \$478 had been charged to her Amazon account, with an invitation to “press 1 to cancel the order.”

Following the advice not to engage with scammers, Diane hung up.

“But I did laugh,” she said. “I know scammers now have the technology to piggyback their calls on legitimate phone numbers – I got one a month ago from a local health clinic’s phone number, and of course it wasn’t really the clinic calling – but getting a fraud call that was supposedly from my own number was especially ridiculous.”

Winter driving tips

Fred Dolbel shares this tip: If you get stuck in a slippery snow situation, let one-quarter of the air out of your tires. This causes the tires to 'squat down' and offer more traction. Then, as soon as possible, replenish the air in the tires. (Not recommended when longer-distance highway driving is involved after deflation).

Here's another winter driving tip:

If you're not always comfortable driving in winter, consider letting BayRides get you to where you need to be. Call 902-820-6600 to book a ride (48 hours in advance) or for info and fares.

Dementia support. An Alzheimer Society support group will meet on the third Tuesday of each month, 6:30-7:45pm, at Tantallon Public Library.

We need a Resource Directory support volunteer

Our Seniors Info Centre needs help updating its resource lists and directories.

This information is posted on our website and used by our office volunteers to field questions about services such as healthcare and home repairs in our community and the wider Halifax area.

If you're an organized person who likes admin work, we would love to hear from you.

This position involves making phone calls and using the internet to source information.

Several volunteers are required for this project.

Work can be done in your home or at our Bay Seniors office, located in the SMB Community Enterprise Centre.

Time commitment is 2-5 hours/month.

For more information please email us at volunteer@bayseniors.ca.

Drop-In Program update

Submitted by the Drop-In Program team

The Drop-In Program begins again on Tuesday, January 10, at the Black Point & Area Community Centre, 8579 St. Margaret's Bay Road, Black Point.

Games Month

January has been earmarked as Games Month. New games will be introduced each Tuesday morning during the Drop-In Program (10am-noon). If you prefer to knit, rug-hook, or learn a new craft, we have wonderful volunteers to support you in that process.

Featured games in January

January 10: Cribbage

January 17: Mexican Train* dominoes and sequence

January 24: Pictionary

January 31: Bingo

* Mexican train involves players adding matching tiles to their own chains or 'trains' of dominoes, as in the basic dominoes game, but also adding tiles to a communal train accessible to all players.

We offer transportation, through BayRides, for those without access to transportation who would like to join us on Tuesday mornings. Please let us know if you, or someone you know, would like this service.

Introduction to pickleball

We are offering an informal introduction to pickleball beginning January 10 and continuing during the rest of the month, from noon to 1pm. If you are a Bay Seniors member who has never played pickleball, but are curious to learn the basics of this growing sport, please join us.

Equipment is provided free of charge. Participants are then welcome to stay from 1-3pm and play during our regular Bay Seniors Pickleball Program. The cost is \$2/session to play.

Reminder: If schools are closed due to weather/road conditions on any Tuesday, the Drop-In Program and pickleball will also be cancelled.

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.