



Bay Seniors NEWSLETTER



IN THIS EDITION

Details of our activities and programs

Fond memories of an old jacket in a cold place

Timely tips for hurricane safety precautions

You're never too old for a second chance

A message from our President

Welcome back: don't miss a moment as we swing back into top gear

Happy September!

For many of us, it is September, not January, that feels like the start of a new year.

That's certainly true for Bay Seniors, as we move from the reduced activity during the summer to a full roster of programs from September to June.

In this month's newsletter, you can learn more about the various Bay Seniors offerings available to you.

For example, the Monthly Members' Meetings are back, on the third Thursday of each month.

Our September meeting, Get to Know Your Association, gives you a chance to learn more about Bay Seniors' programs and activities and how you can get involved in those that interest you.

The Tuesday Drop-in Program, Bay Seniors Pickleball, and the



Come and enjoy the friendly atmosphere of our meetings.

Nordic walking group are all restarting this month, and there are exciting new fitness offerings for our members.

If you would like to get more from your smartphone, tablet, or laptop, try our Tablets for Seniors program.

And, as always in our newsletters, in this issue you'll find information about activities being offered by other groups in our community that might be of interest to you.

We wish you a safe, happy, and healthy autumn, and look forward to seeing you soon.

*Pat Rodee, President
Seniors Association of St.
Margaret's Bay*

Monthly meetings

Get to know your association

Submitted by Elaine Brooks

We're very much looking forward to the resumption of our Monthly Members' Meetings.

Please join us on Thursday, September 21, 2-4pm, at the St. Margaret Sailing Club for a wonderful afternoon of sharing, learning, and refreshments.

The theme of the meeting is Get to Know Your Association. This is an

Continued on Page 2

Monthly meetings

Our association: what's new and what we do

Continued from Page 1

opportunity for our many new members to learn more about Bay Seniors, and for our long-time members to learn about what is new. Refreshers are good for us all.

We're offering a mini-expo of Bay Seniors' programs, including our Seniors Information Centre, fitness, Tuesday Drop-in Program, book clubs, interest groups, Tablets for Seniors, Sewing Team, Home Maintenance Program, Saturday Sparkle jewellery sales, vaccination program, Good Neighbour program, and volunteer opportunities.

The volunteers who lead these programs will be at the tables, ready to greet you and answer your questions.

Please eat a light lunch that day—there will be tasty finger foods to enjoy, along with punch, tea, and coffee.

We're planning a wonderful afternoon, and invite you to be part of it. Hope to see you there.

Christmas in the Bay: help needed

Planning has begun for the family-friendly Christmas in the Bay event, scheduled for Saturday, November 24.

Organizers are looking for volunteers, for jobs ranging from planning to front-line tasks on event day. Email christmasinthebay.smb@gmail.com for more information.



One of the beautiful Christmas tree ornaments a Bay Seniors volunteer is working on.

Our sewing team already has Christmas on their minds

Submitted by the Sewing Team

The Bay Seniors Sewing Team is planning to add a little Christmas cheer to homes this year by selling beautiful homemade Christmas tree ornaments.

Where will these ornaments come from, you ask? Well, actually, from you.

We are asking for donations from you of homemade Christmas tree ornaments of all designs, shapes and sizes—made from fabric, felt, wood, wool, buttons, beads, ribbons, and more. (See the Saturday Sparkle Team's update on Page 4 for one source of embellishments.)

You can make the ornaments yourself, or they may have been given to you by someone else, provided they are handmade. They can be quite simply made or complicated. All donations will be gratefully accepted.

Please drop them off at the Community Enterprise Centre anytime. We will have a table at the Monthly Members' Meeting in September, so you can drop ornaments off then—and we'd be happy to chat about ideas, too.

For each item you donate, your name will be entered into a draw for a beautiful Christmas surprise, lovingly made by the Bay Seniors Sewing Team co-leads. The item and draw date are still to be determined.

We will sell the ornaments from the CEC and at various events up until Christmas. We look forward to seeing the variety of ornaments from your donations.

Member Story: Exploring the Arctic in a coat older than me

Unforgettable memories of the first of four expeditions north of the Arctic Circle

By Patricia Lindley

There are relatively few experiences in one's life that one can consider extraordinary, but for me, as a newly graduated marine scientist working at the Bedford Institute of Oceanography in the mid-70s, it was the chance to travel to the Canadian Arctic aboard icebreakers.

Having been told I was going to the far north, I excitedly headed to the BIO gear stores to get fitted up alongside the rest of the Lab staff. I remember the dubious look I received from the man on the other side of the counter, who, after outfitting 15 or so large men with snowmobile suits and parkas, was now faced with a young 5'2" female. Nevertheless, after disappearing into the cavernous depths of the stores for what seemed an inordinate length of time, he emerged carrying "the only thing that might fit you."

I loved it—from its fake fur collar to its neatly tucked-in waist and myriad zippers and snaps. It did, however, appear a little dated. On closer inspection of the label, I read: "Suits, Flying, Winter, Blue Type 1 (A) 1952. Size No. 1 Small/Short."

It was older than I was.

A relic of the Korean war, perhaps. Nevertheless, it fit me to a tee, and standing on the side of a Greenland glacier, I thought it was absolutely perfect.

In all, I went on four trips north of the Arctic circle, to Northern Labrador, Greenland, Baffin, Bylot, and Devon Islands. I saw Beluga and narwal in Admiralty Inlet, Muskox on Ellesmere Island, and the abandoned remains of an RCMP outpost, with its lonely graveyard of three officers who had died in service. It is a time that I will never forget. And it made an indelible impression upon me.

I still have the suit. For some reason, they didn't ask me to hand it back in when I left. Perhaps, with more women joining the scientific ranks, they modernized their supplies. I wish I could say it still fits, but sadly time makes many changes and, while I didn't grow taller, I don't think I can honestly claim to be as small as I was in my twenties.

But the memories are still vivid, and that's enough.

Pastel artist Patricia Lindley's current show, Floe/Flow, was inspired by her time in the Arctic. The show, which features pastel paintings by Pat and marble sculptures by Sarah Irwin, is at the Craig Gallery in Dartmouth until September 24, with an artist talk on Saturday, September 16 at 2.30pm. More information here: www.alderneylanding.com/events-directory/



Patricia Lindley on a glacier in Greenland and, below, Pat today.



Fitness

We still have spaces in our classes for you

Submitted by Becky Weickert

Fitness classes are filling up, but there are still spaces available for the Monday chair exercise program and Friday aerobics.

There are also openings in the new tai chi, meditation, and Zumba Gold classes.

Book your spot by emailing fitness@bayseniors.ca.

We'll have information and sign-up sheets at our September 21 Monthly Members' Meeting, but if you want to be sure of a spot in one of these classes, get in touch soon.

The Nordic walking group will resume its Thursday walks later this



*Tai chi and meditation instructor
Eve Rosenthal*

month. Look for an update in our mid-September newsletter update.

Bay Seniors fitness activities are available to current members only. If you need to renew your \$10 annual membership for 2023, please stop by the Community Enterprise Centre, weekdays from 9am to 4pm, or pay by e-transfer to centre@bayseniors.ca. The password is Neighbour.



August Saturday Sparkle event raised \$500 for food bank

Submitted by the Saturday Sparkle Team

Our Facebook Saturday Sparkle event in August raised almost \$500 for the SMB Food Bank. As always, we're grateful to donors and buyers for giving previously owned jewellery a new home while supporting our food bank.

We're looking forward to having a table with some jewellery to sell at the September Monthly Members' Meeting, and we're happy to accept jewellery donations there, as well as at the Community Enterprise Centre.

The next Facebook Saturday Sparkle event will be in October – details to follow in the October newsletter.

We have a container with broken and unsellable jewellery on the credenza at the Community Enterprise Centre where the Sewing Team's items are sold.

This jewellery is available to Bay Seniors members who are making Christmas ornaments (see the Sewing Team's update on Page 2). Some of our members have previously used crystals, pearls and beads from unsellable items to embellish ornaments, with beautiful results.

Help needed with Treasure Chests

Bay Seniors is looking for a volunteer (1 month on/1 month off), to pick up three Bay Treasure Chests in Timberlea at noon each Wednesday and deliver them to Estabrooks Hall in Lewis Lake. You would start this month, and it would help if you lived in the Timberlea area. Training, support and information will be provided by Fred Dolbel. Call 902-823-1144 or email fred@bayseniors.ca.

Community Programs

Gatherings offer advice and friendship

Alzheimer's Caregivers

Support Group, Tantallon Public Library, Tuesday, September 19, 6-8pm, for caregivers. This is an ongoing program with monthly meetings.

Caregivers Nova Scotia

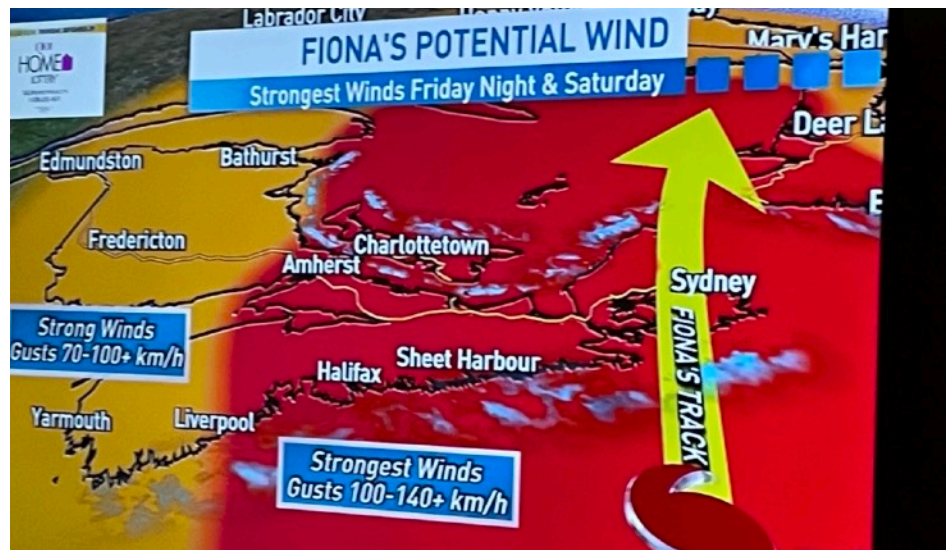
Workshop, Tantallon Public Library, Thursday, September 21, 1-3pm, 'Understanding Dementia Behaviours.' Free workshop for caregivers. Seating is limited, please register by September 15 with JoAnne Connors, 902-421-7390 or halifax@CaregiversNS.org.

Guided Meditation, Tantallon Public Library, Tuesday, September 26, 7-8pm. All welcome.

Seniors Social Luncheon, St. Luke's Church, Thursday, September 28, 11.30am-2.30pm, with served lunch, music, games, casual mingling. All welcome, free of charge (donations appreciated). Register by Monday, September 25, 902-826-2523 or lunchsocialatstlukesunited.ca.

Memory Café, Labour Day Picnic Café, Tuesday, October 10, 2.30-4.30pm. The first in a series of free events to enjoy conversation, music, and art for individuals living with memory challenges and their care partners.

For more information, contact Rachel Emge at recreation@stmargaretscentre.ca.



Last year Hurricane Fiona was the most intense storm to hit Canada. And forecasters are warning of more storms than ever.

Don't wait to the last minute to prepare for hurricanes

September is peak hurricane season in Nova Scotia, and the Canadian Hurricane Centre says more storms than usual are predicted for 2023, increasing the chances of a major storm in our area. The Centre provides real-time storm updates on Twitter/X. Follow @twitter.com/ECCC_CHC.

Hurricane preparedness starts well before a specific storm is in the forecast. Here are key things to consider:

- Create an emergency kit that will support your needs for at least 72 hours. See a detailed list of what to include here: www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx.
- Have an emergency plan (sometimes called a family safety plan). Things to consider in that plan are listed here: www.getprepared.gc.ca/cnt/plns/mk-pln-en.aspx.
- Pet owners are more likely to resist emergency evacuation recommendations and orders if they don't have options for their pets. The Halifax Humane Society lists ways to plan for pets here: <https://www.halifaxhumanesociety.org/programe-disaster-response/index>
- Check with your insurance provider to be sure about what your home insurance policy covers.
- Address areas of weakness in your home's exterior that could make it vulnerable to being breached by wind or water.
- Consider whether you need an emergency generator. This may be more important if you live alone, don't drive, have certain health conditions, or keep a lot of food in freezers and fridges.
- If you don't already have one, consider getting a mobile phone, which helps you stay connected in the event of power failures that knock out your home phone and internet.

Our team helps with wildfire, flood clean-up

Submitted by Fred Dolbel

Over the summer, the Home Maintenance Team, along with Helping Hands, worked to support wildfire and flood clean-up.

We're now turning our attention back to our regular brush and tree clean-up, and are expecting more of those requests in the fall.

A reminder that this service is available to Bay Seniors members only.

Looking for information, or help with a form? Our team can help

Looking for information on programs and services in our community?

The friendly volunteers at our Seniors Information Centre are here for you.

And if you don't have internet or would simply like help completing an online form, they're happy to help.

The Centre also has paper copies of many forms and information sheets that you can take home.

The Seniors Information Centre is open Tuesdays and Thursdays, 10am to 2pm, and is located in a private office in the SMB Community Enterprise Centre at 5229 St. Margaret's Bay Road.



And the Virtual Bouquet goes to...

After three years on the job with Monday Musings, Joan Redmond (above, right) is delighted - and grateful - to give a Bay Seniors' virtual bouquet to Steve Elliott, who has stepped in to provide Monday Musings on the Bay Seniors Facebook page through to the end of October.

Says Joan, "I have been so pleased that Steve stepped up to the task of Monday Musings. He shows that he cares for our seniors and that he has a wonderful sense of humour that he is willing to share with all of us."

Steve invites Bay Seniors members to join him in brightening our Mondays. Email sharon@bayseniors.ca if you'd like to be part of the fun.

Tablets for Seniors: Get more from your device

Submitted by Elizabeth Anthony

Bay Seniors, in partnership with students from Bay View High School, offers help for our members who want to become more comfortable using computers, tablets and phones to stay connected with others.

Learning is geared to your needs and interests, and is conducted in a relaxed and supportive atmosphere.

Past participants in this program, which is free for current Bay Seniors members, have been delighted by what they learn.

They also have fun with the program's student instructors, who tell us how much they enjoy working with our members.

For more information about this program or to reserve a spot, contact Elizabeth Anthony by email at tablets@bayseniors.ca or by leaving a message at the Community Enterprise Centre at 902-826-1680 or at the Seniors Information Centre at 902-820-3334.

Our members report more email scams

We've had several reports from members about an increase in email scams.

The emails often have one of the following subject headings: Action Required, Account Frozen, or Incoming Email Blocked.

In each case, there is a link to click on. This link is often labelled "more information." Clicking on the link can expose your computer to malware.

If a sender's URL or name is unfamiliar, never click on a link or open an attachment.

Even if the email appears to be from a service provider you deal with, contact the provider directly, by phone or their website, to see if they sent the email.

If not, delete the email.

You can report those emails to the Canadian Anti-Fraud Centre by calling 1-888-495-8501.



Jackson Lewis.

We bid farewell to our summer student

We said farewell to our @NS and CEC summer student, Jackson Lewis.

Jackson was employed by @NS and working at the CEC to support the wider community's tech support needs.

But he pitched in a lot for Bay Seniors, too.

He was always available to provide support to community members in accessing and applying for various government programs, services, and rebates.

We wish him well in the future.

You're never too old for a second chance

Roy Scott didn't learn to read or write until he was 70. Dale Kaizer went back to the classroom at 55, to get his GED.

Roy and Dale got their second chances by taking classes with the Tantallon-based Western Halifax Community Learning Network.

As Roy says, "If someone thinks they're too old to learn to read and write, I'd like to talk to them."

The community learning network is celebrating its 20th year of giving people second chances.

"People don't need to let problems from their early years define the rest of their lives," says the chair, Pat Ryall.

He says the learning network's focus is changing. "Our original goal had been to provide people with the opportunity to learn what they had missed by dropping out of high school. Now we are focusing on the Essential Skills which are required to live and work these days."

Classes resume on September 18th. For information call 902-225-6320 or email info@westernhalifaxcln.com.

Friendly Neighbour program update

Submitted by the Friendly Neighbour team

The Friendly Neighbour program team supported community post-wildfire recovery efforts this summer with three resource-sharing meetings, offered in partnership with the Tantallon Public Library and HRM District 13 Councillor Pam Lovelace.

The team has now returned to working on an initiative, started in the spring, for Bay Seniors members.

Look for more information in our mid-September newsletter update.

Seniors Care Grant applications are now open

The \$750 grant helps low-income seniors with the cost of household services (like lawn care, snow removal, small home repairs and phone service), healthcare services (like physiotherapy) and home heating. Learn more and apply at <https://tinyurl.com/29ap2bht>.

Drop-In Program update

We have something for everyone: drop in and check us out

Submitted by the Drop-in Program team

We are excited about our upcoming season, and can't wait to see you. Please join us in the morning on September 26 for our opening day—we'll be celebrating with cake and non-alcoholic bubbly.

We are grateful to be able to offer the Drop-in Program with generous funding from the federal New Horizons for Seniors Program.

We meet on Tuesdays at the Black Point & Area Community Centre. There are morning activities from 10am to noon, free of charge, and pickleball, 1-3pm, for a \$2 fee. Equipment is provided and beginners are welcome.



Diane Browne and Sharon Campbell try their hand at acrylic painting.



Heather Lind and Beverley Kenyon check out a knitting project for hospital patients.

In the mornings, we have several activities to choose from: games and cards, knitting, crocheting and rug-hooking. Some members bring their own craft project, do a little work on a puzzle or use our colouring books. Sometimes, people just like to chat over refreshments.

For the handcraft activities, we have skilled volunteers who can help you learn; supplies to get you started are provided free of charge. Our lead volunteers also help by providing patterns, advice, and informal instruction. Several of our members participate in the knit-to-donate group, with supplies provided and creations donated to hospital patients and newborns.

We look forward to an exciting year of monthly workshops as well. Our workshops, also offered at no cost, are geared toward those with no experience in that area, making them ideal for just having fun and exploring your creative spirit. Our first workshop will be in October; stay tuned for details.

Please contact us with questions at dropin@bayseniors.ca or 902-820-3334 (messages are retrieved Tuesdays and Thursdays). And pencil us into your calendar, whether that be occasionally or every week. We hope to see you there.

Let us know if you don't have access to transportation. With 3 to 4 days' notice, we can help you arrange a ride with BayRides and cover the cost.

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.