



Bay Seniors NEWSLETTER



IN THIS EDITION

Ask how our home repair team can help you

Unleash your creativity in WITB writing contest

Friendly Neighbour team ready to beat loneliness

Birders wanted for our new Interest Group



Bay Seniors has a multi-part program for its members—and for other local residents—looking for help with home repairs.

The program provides help in several ways.

Online Home Maintenance

Directory: On our website at <https://bayseniors.ca/localdirectory/>, the directory has listings of over 180 local contractors, tradespeople, and suppliers who provide products and services for home and property upkeep and renovations.

Handyperson Help List:

Available to everyone in the community, this list has contact information for several local handypersons who have a variety of skills and experience

Thumbs up to a great team: Fred Dolbel (fifth from right), lead volunteer on the Home Maintenance Program, and Keith Innes (sixth from right), lead volunteer on the Tree & Brush Program, with their volunteer team.

Meet the team that's raring to help with home repairs

for small and medium-sized home repairs and yard work. Available from Bay Seniors by email, centre@bayseniors.ca, or phone, 902-820-3334 (leave a message).

Home repairs for eligible Bay Seniors members: Bay Seniors and Helping Hands volunteers can help paid-up Bay Seniors members who meet financial eligibility criteria with small and medium-sized home repairs

to preserve their home from existing wear-and-tear damage or to make safety improvements like handrails or entryway repairs.

Volunteers work in pairs for safety and companionship, with a maximum of 1-2 days on a job. Bay Seniors may help fund necessary repair materials.

To help preserve limited funds for those most in need, a home repair recipient must

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Save the date

March Members' Meeting and Annual General Meeting

Join us on Thursday, March 21, 2-4pm, for our Monthly Members' Meeting.

Mike Lancaster (pictured right), executive director of the St. Margaret's Bay Stewardship Association, is our guest speaker.



Mike has a wealth of knowledge about our natural environment and has been a passionate and effective advocate for a number of exciting programs and projects, including the stewardship of St. Margaret's Bay's islands, the designation of protected areas, and much more.

Immediately after the monthly meeting, there will be a short Annual General Meeting. All current members of Bay Seniors are eligible to vote.

As usual, the meeting is at the St. Margaret Sailing Club, 5 Foxberry Hill, Glen Haven.

New Birders' Group looking for members



Can you ID this bird? It's a female Red-winged Blackbird, and she looks very different from her mate.

Our new special interest birding group will be a fun opportunity to increase your bird knowledge through informal presentations and group walks.

Please let us know if this appeals to you, or if you have something to contribute yourself to this burgeoning Bay Seniors interest group.

Send us an email at interests@bayseniors.ca.



SENIORS ASSOCIATION OF ST. MARGARET'S BAY (BAY SENIORS)

Part-time Communications Coordinator position available

Bay Seniors is seeking a part-time Communications Coordinator on a contract basis. Responsibilities will include:

- Producing the Bay Seniors monthly newsletter and mid-month newsletter update, which involves:
 - Soliciting and editing contributions from program leads and members.
 - Producing additional content as needed.
 - Preparing and designing newsletters for electronic and hard-copy distribution.
- Coordinating and regularly posting material to the Bay Seniors Facebook page.
- Creating promotional materials (*Masthead News* advertisements, program handouts, etc.).
- Occasionally assisting with Bay Seniors website updates.

Hours required (estimated 15-25 hours/month) and hourly rate will be negotiated with the successful candidate.

Please submit a cover letter along with a resume indicating relevant experience to centre@bayseniors.ca by March 18.

Could you use a little help with grocery shopping trips?

The Bay Seniors grocery shopping program had two successful trips in February – one to Sobeys and one to the Superstore.

We have a list of four clients now taking advantage of the service, and a pool of friendly volunteers, all enjoying spending time together.

There are two runs scheduled for March: March 7 to Sobeys and March 21 to the Superstore.

We are eager to help other members, so if you or someone you know is interested in joining the bi-weekly grocery shopping trips, please contact the Grocery Program by email at grocery@bayseniors.ca or by phone at 902-820-3334 (leave a message).

This service is open to Bay Seniors members without available transportation who would benefit from physical assistance or other support while grocery shopping.

You must live within the BayRides catchment area. There is small fee of \$5 per shopping trip, payable in cash or e-transfer.

International Women's Day

The day got its start on February 28, 1909, in New York City, when women gathered to demand the right to vote.

Since 1975, the day, now observed around the world, has been on March 8.

It currently focuses mainly on gender equality, reproductive rights, and raising awareness about violence against women. Learn more at <https://www.internationalwomensday.com/>



This is one of the pieces of art that may inspire you to submit an entry in the Winter in the Bay writing contest. 'Tea with the Langstaffs' is a print of his original painting by Bay Seniors member Philip Hodges.

Give your creativity a workout in the Winter in the Bay writing contest

It's time to put pen to paper—or, rather, fingers to keyboard—and write something to submit to the Winter in the Bay writing contest.

The deadline is Monday, March 18 for all previously unpublished submissions in three categories:

- non-fiction essay (max. 400 words),
- short story (max. 2,500 words),
- poem (max. 2,500 words) or song lyrics.

Use one of the works of art on the Winter in the Bay Facebook page as inspiration or illustration.

No experience sharing your writing? Then this is the perfect time to start.

Winter in the Bay is a friendly little writing contest that is much more about the sharing than the winning. Yes, there are prizes available, but the real joy is in connecting with others through a story.

See all the details in the brochure available at the CEC or online here: <https://smbcec.org/winter-in-the-bay-rules/>.

Member Story: a postcard from southern France



Hi Friends,

We're staying in a small city called Toulon, between Nice and Marseilles. I'm enjoying my ice cream at a lively, lovely spot in the centre of the old town.

Just outside our window is a bistro called "Pizza, Pasta and Amore." Chris and I have not yet made our way to this fine establishment, but who knows? There are local characters who spend all day playing chess, smoking, and generally enjoying life.

Weather has been fabulous: warmer than we had anticipated, and even the cloudy days manage to have sunshine.

Best wishes, Suzanne and Chris Pelham

Our team is raring to help with your home repair projects

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meet one of the following criteria:

- Have a net income of \$29,000* or less and live alone.
- Have a net household income of \$44,000* or less and live with dependents or other adults.
- Be a recipient of Income Assistance from the Department of Community Services.
- Be a recipient of the Guaranteed Income Supplement (GIS) or The Allowance.

*This is the number on the CRA Net Income line 236 on your tax return.

For more information or to apply for home maintenance help, email hometown@bayseniors.ca or call 902-820-3334 (leave a message).

We will arrange for an experienced Bay Seniors volunteer to come to your house at a convenient time to see what work is involved for your repair needs.

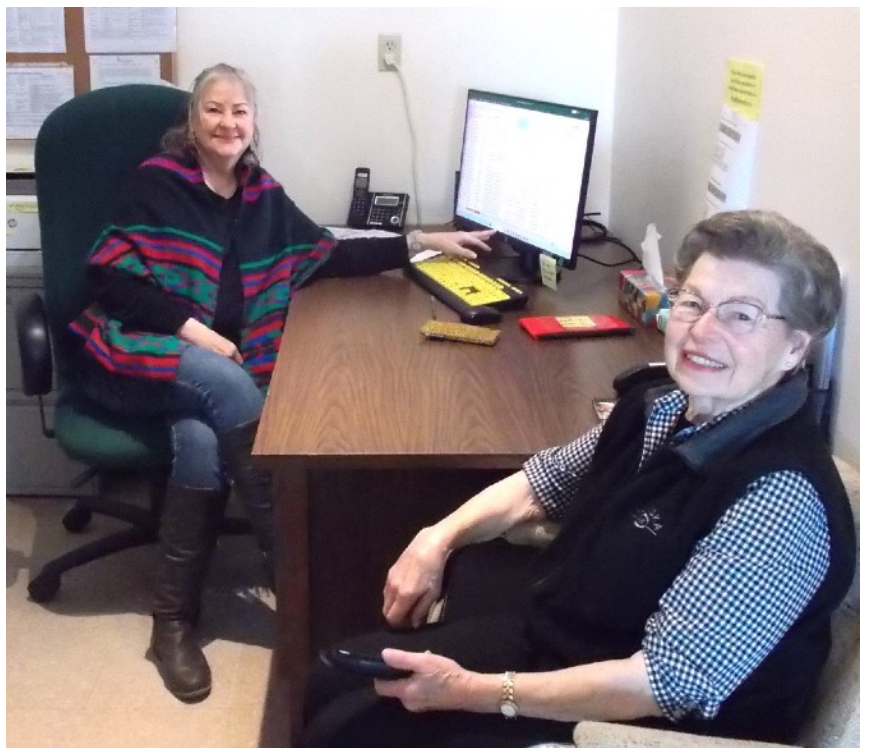
Note: Bay Seniors carries insurance that covers association members while they are working on another member's property.

Need help with fallen trees and downed branches? We have a team for that, too

Spring arrives officially this month, and our Brush & Tree team has been working on their plans to help Bay Seniors members deal with brush debris and fallen trees. Look for more information in our April newsletter.

March is Fraud Prevention Month

See a free webinar on phishing scams on Thursday, March 14, 3-4pm. Register at <https://tinyurl.com/yc5nd4mf>



Debbie Shea (left), a Seniors Information Centre volunteer, chats with Bay Seniors member and Community Enterprise Centre volunteer Shelley Webb.

We also help with advice on funds for home repair projects

Looking for information on government funding programs for medium-sized, major, and emergency home repairs?

Our Seniors Information Centre keeps a list of those programs, and many other programs and services that seniors and other community members may be eligible for.

The Seniors Information Centre is located inside the SMB Community Enterprise Centre, in a private office. Staffed by friendly and knowledgeable volunteers, the information centre is open Tuesdays and Thursdays, 10am-2pm.

You're welcome to stop in, email centre@bayseniors.ca, or call 902-820-3334.

Students support our Tablets for Seniors program

Bay Seniors, in partnership with students from Bay View High School, offers help to seniors who want to become more comfortable using computers, tablets and phones to stay connected with others, through Facebook, email, and other platforms. Please email tablets@bayseniors.ca for more information, or leave a message for Elizabeth Anthony at 902-820-3334.

Friendly Neighbour volunteers are here to help

It's not always easy spending time inside and alone during long winter days. Or maybe you have challenges getting out and about. Our Friendly Neighbour program might be just what you need to brighten your day.

Scheduled visits partner our volunteers with those interested in sharing time and conversation. Our visits can be in person or by telephone. Chat, play games, or just enjoy a cup of tea with new friends.

If you or someone you know would like to have us visit or call once a month, please contact the Seniors Information Centre at 902-820-3334, or email us at outreach@bayseniors.ca.

Seven speakers at Seedy Saturday

The St. Margaret's Bay Gardening Club is presenting Seedy Saturday on March 23, 10am-4pm at St. Luke's United Church. Admission price is 'pay what you can.' The day will feature 7 speakers and 15 vendors. Lunch is available to purchase.

Drop-in Program update



Get hooked on rug-hooking

Join us on April 2, 10am-noon, for this wonderful opportunity to learn how to rug-hook.

Beverly Shea-Langille, the instructor, has prepared kits for absolute beginners, using a simple flower design on burlap.

Participants are welcome to return on April 9 to complete their project. All supplies are provided and there is no cost to attend.

Jewellery-making workshop for beginners

In just a few simple steps you can make a beautiful pair of earrings.

Shanna Balogh will lead this workshop by demonstrating how to make beaded earrings, a great technique for beginners.

The workshop will be held on April 16, 10am – noon. All supplies are provided and there is no cost to attend.



Register soon to reserve a space

Spots are limited, so pre-registration is required for both workshops. Email dropin@bayseniors.ca or call 902-820-3334 (messages are retrieved Tuesdays and Thursdays).

If you don't have access to transportation, please contact us. With 3-4 day's notice we can help you arrange a ride with BayRides.

Solo Group looking for new members

The Bay Seniors Solo Group is an interest group for uncoupled members who would like to meet others for social activities, like going to a movie, out for lunch, or on a day trip. This is not for matchmaking purposes. The group is happy to welcome new members. If you're interested, please email interests@bayseniors.ca.

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.