August 2024

Bay Seniors Newsletter

Bay Seniors members pose on the steps of the Memorial Church at Grand Pré during the first excursion since before Covid.

June Excursion: A "Grand" day out

Submitted by Greer Kelley

On Thursday, June 27, 25 of our members travelled to Grand Pré for our first post-pandemic Bay Seniors excursion.

Even with light rain showers that day, spirits could not be dampened. After a lovely tour of the historic site, complete with a visit to the iconic Memorial Church, we retired to a room offered to us for our lunch.

Before heading home, a quick side trip to Hennigar's Farm Market completed the successful outing.

Watch for news of upcoming excursions in future newsletters. Here are a few possibilities: the Black Cultural Centre for Nova Scotia and the Africville Museum, Memory Lane Heritage Village, Millbrook Cultural and Heritage Centre, and a Halifax Public Gardens picnic.

We are open to your ideas for excursions. Please send them to: **excursions@bayseniors.ca**

Community Liaison
REPORT

Claiming Our Space, Naming Our Future

Submitted by: Heather Thompson, Community Liaison

This article is part two about the "Claiming Our Space, Naming Our Future" conference, held in Ottawa in June. Representatives from community-based seniors' services organizations from across the country attended, and I was there to represent Bay Seniors. See part one in the July newsletter.

Closing remarks were made by Dr. Samir Sinha, a gerontologist from Victoria, BC, who is a member of the Canadian government's National Seniors Council and led the development of Canada's new National Long-Term Care Services Standard.

Dr. Sinha told us there is no single national definition for long-term care, but there are instead many definitions; the same is true for continuing care and ageing in place.

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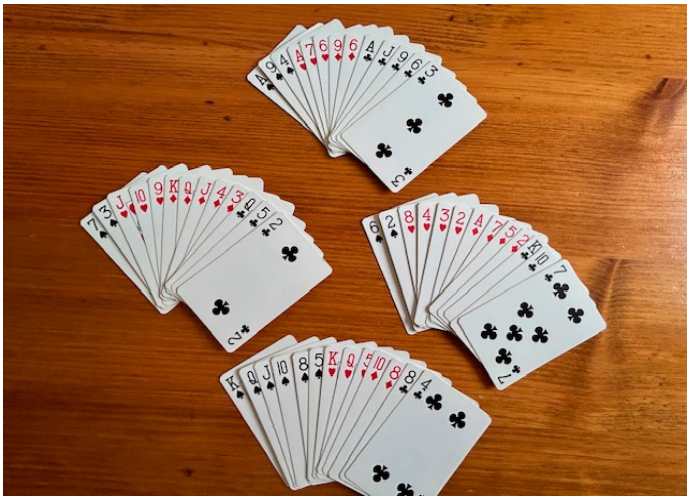
NEW Bridge Interest Group for Beginners



Are you a Bay Seniors member who wants to learn how to play bridge?

If so, you're invited to come out for the Bay Seniors Bridge Interest Group, which plans to begin meeting on **Tuesday, September 24**.

During the summer, we're requesting that members interested in being part of this new group get in touch with us.

We need a **minimum of 4** and a **maximum of 16** members.

The Bridge Interest Group will meet **Tuesday mornings**, **10am-noon**, at the Black Point Community Centre.

The goal of the Bridge Interest Group is for its members to learn the basic rules of contract bridge through friendly and supportive instruction and opportunities to play, gaining confidence to play a satisfying game of bridge.

Group members will be provided with handouts that explain rules and basic bridge terminology. These handouts, given out during the first 4 or 5 weeks, will contain many examples and common bridge questions and answers. While these handouts could be seen as homework, the spirit of this group will be for its members to relax, enjoy, laugh, and learn from errors.

The Bridge Interest Group may also be an opportunity for participants to form independent bridge groups that can meet outside our Tuesday morning sessions.

If you are interested in joining, please call and leave a message at **902-820-3334,** or email: **interests@bayseniors.ca**

Grocery Shopping Program

The Bay Seniors Grocery Shopping Program offers two shopping dates this month: **August 8** to **Superstore**, and **August 22** to **Sobeys**.

If you or someone you know is interested in joining this program, please email us at: **grocery@bayseniors.ca** or call and leave a message at: **902-820-3334**.

Bay Seniors members without transportation who would benefit from shopping support are eligible to join.

Drop-in Program: Lunch and a game

Bay Seniors members beat the heat while enjoying lunch at Lefty's and a game of Mexican Train Dominos.

Drop-in Program friends keep the game going

With the drop-in program on hiatus for the summer, several regular drop-in program participants were missing their weekly Mexican Train Dominos game time. So they decided to meet at Lefty's Restaurant for lunch and a game.

There was a good turnout, with nine members gathering for the fun. It was also a nice break from the heat!

Fitness Program

Monday chair aerobics and **Wednesday aerobics** continue through the summer at **10am** for both, with a **$2 drop-in fee**.

Friday aerobics restarts on **September 20**.

Zumba and **Tai chi** will restart the week of **September 16**. If you are a Bay Seniors member interested in either class, please email: **fitness@bayseniors.ca**.

The **Nordic Walking Group** meets Thursday mornings throughout the summer. Meet at the CEC at **9:15am** for a **9:30am** start.

The 10:30am start time will resume in the fall. The specific date will be shared in the newsletter and on the Bay Seniors Facebook page.

New participants who are Bay Seniors members are welcome to attend fitness activities. If you are interested in participating, please email: **fitness@bayseniors.ca**.

Summer Computer Training

A summer program offered by @NS is providing free, individual computer training at the CEC to anyone in the St. Margaret's Bay area who wants to learn how to use or improve their skills using features and programs on their tablet, smartphone or laptop.

The program runs **9am-4pm, weekdays,** until **August 30. Make an appointment by emailing techtraining@smbcec.org or calling: 902-826-1680.**

Tablets for Seniors will resume in early September.

Volunteer News & Opportunities

Thinking about volunteering over the summer or beyond? We'd love to hear from you!

We have no employees, and rely entirely on volunteers for the delivery of our programs and services. Your involvement makes a difference to our ability to support our members.

The volunteer application can be downloaded from our **website**, or you can submit your application directly through **https://bayseniors.ca/volunteer**.

Applications are also available at the SMB Community Enterprise Centre at 5229 St. Margaret's Bay Road in Upper Tantallon.

For more information about volunteering, contact: **volunteer@bayseniors.ca** or call **902-820-3334** (messages are retrieved Tuesdays and Thursdays).

Current Volunteer Opportunities

Grocery shoppers
Our grocery program runs through the summer, and we are still looking for a few more volunteers to add to our pool of shoppers. Shoppers are matched with members who require some assistance with their grocery shopping at Upper Tantallon stores. Volunteers meet their shopper at the grocery store. Transportation for shoppers is provided by BayRides.
Commitment: Flexible, based on your availability, every second Thursday morning for one hour.

Photographer
The best way to stay in touch with our 750+ members is through our newsletters. Photographs of people, activities and events add vibrancy and interest to our news. We don't expect one person to be available for everything, but we'd love to have a few volunteers who can help us capture the many special moments we experience together.
Commitment: Flexible, based on your availability.

Communications volunteers
We're looking for volunteers who enjoy writing, interviewing people for stories, and helping with planning and support.
Commitment: Flexible and variable.

Community Programs

The **VON Adult Day Programs** are accepting new clients in the Tantallon/Hammonds Plains area.

The program provides a safe, comfortable, and stimulating environment that includes exercise, entertainment, discussion and other activities for seniors and other adults living with dementia, chronic illness, intellectual disabilities, and social isolation.

The day program provides dependable respite hours for care partners.

The cost is **$20/day** at the Hammonds Plains Community Centre on **Wednesdays**, from **9:30am to 3pm**. Morning snack and lunch are included.

To be eligible, participants must not show aggression or responsive behaviours, and must be mostly independent in the washroom, and able to feed themselves.

For more information or to schedule an intake interview, call the **VON** at **902-454-5755**.

Birders' Interest Group

The Birders' Interest Group is continuing to meet throughout the summer.

There are outings to interesting bird habitats and workshops for sharing of newfound knowledge with other birders.

A beach walk is planned for this month. If you're interested in joining this group, please email: **interests@bayseniors.ca.**

Community Liaison
REPORT

Continued from page 1

Claiming Our Space, Naming Our Future

With no definition and differing measuring methods, there cannot be equitable comparisons across the country.

Dr.Sinha favours the term "ageing in the right place," to be determined individually by these specific factors:

1. What is preferred?
Where does the older adult want to live? Are friends still available to drop in for a chat and a cup of tea? Are the neighbours the same people the older adult has known for years? Is family living nearby, or have they moved away? Answers to these questions help determine how much isolation and loneliness may be experienced.

2. Is it practical to remain in the preferred residence?
A safety and suitability inventory needs to be done. Does the home have a walk-in shower, doorways wide enough to accommodate a walker or wheelchair, a raised toilet, and an accessible entrance, and has the building been well maintained?

3. What needs does the person have?
What supporting services are necessary? Do they need personal care? How will they get groceries and medical supplies? Is the person able to cook healthy meals, clean the living area, change the bed, do laundry, shovel snow and mow the lawn? If not, is help available for these chores? If some or all these services must be paid for, are there financial resources available?

4. What is possible?
According to Dr.Sinha, there are 430,000 older adults in Canada with unmet homecare needs, and 52,000 seniors on nursing-home waitlists. He proposed forming a national community-based senior service sector network that is funded and organized to provide services for all older adults who need support. He also called for national standards to meet the needs of all seniors in Canada.

Look for the next article in this series in the Bay Seniors September newsletter.

In the pink

Joan Redmond (right) admires this beautiful Barbie-themed quilt by Glenna Earle (left).

Glenna has generously donated the quilt to be raffled to benefit Bay Seniors.

Tickets go on sale in September.

Look for more information in the September newsletter.

Hydrating for health: Stay hydrated this summer *and* all year round

Submitted by Ellie Lavergne

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated during the warmer summer months, and year round, is a key part of maintaining good health.

As we age, our sense of thirst may decline, but that doesn't mean we're not dehydrated. We still need to drink regularly, even if we don't feel thirsty.

Certain medications, including laxatives, diuretics, chemotherapy drugs, and oral medications for type 2 diabetes, may increase the risk of dehydration.

Signs of dehydration may include dark-coloured urine, urinating less frequently, fatigue, weakness, dizziness, headache, muscle cramps, dry mouth, irritability, and confusion.

Tips to prevent dehydration:

1. Drink throughout the day and with each meal and snack.
2. Choose water, low-fat milk or unsweetened tea and coffee over sugary drinks.
3. Eat foods with high water content, including low-sodium soup, watermelon, strawberries, cucumbers, lettuce, tomatoes, and celery.

Talk to your doctor about your ideal fluid intake, since that varies based on several factors *(see myth 5 in "Myths about dehydration").*

MYTHS about dehydration

1. If you're not thirsty, you're probably not dehydrated.
Fact: Fluid levels can drop by 2-3% of your body weight before you realize you're thirsty. Check your urine: if it's straw-coloured and clear, you're likely okay; if it's dark, you may be dehydrated.

2. Drinking more water is always best.
Fact: It's possible to drink more fluids than your body can flush out, leading to hyponatremia–dangerously low sodium levels. Those with congestive heart failure, kidney failure, or Addison's disease are especially at risk.

3. Sports drinks are one of the best choice to rehydrate after intense exercise.
Fact: These beverages often contain ingredients best avoided, including hydrogenated oils, high-fructose corn syrup, and large amounts of sugar. Better choices are plain water or water infused with fresh lemon, watermelon, cucumber, mint, or berries.

4. Drinking liquids is the only way to stay hydrated.
Fact: Around 20% of our fluid intake is through foods with high water content, like fresh fruits and many vegetables.

5. Everyone should drink eight 8-ounce glasses of water a day.
Fact: Hydration needs are unique and based on age, activity level, diet, health, medications, and the climate. As a guideline, divide your body weight in pounds by three, and ingest that number of fluid ounces per day.

6. Coffee is dehydrating.
Fact: There is no evidence that moderate consumption (up to 4 cups a day) causes dehydration. In fact, coffee can be counted as part of your daily fluid intake.

Members' summer fun photos!

COMMUNITY NEWS

J.D. Shatford library in Hubbards

Living Well Workshop: Pie Making 101
Monday, September 9, 2024, 1:30-3:30pm
Make the best of all the beautiful fall produce available at this time of year and level up your Thanksgiving dinner by learning to make homemade pies from scratch. We will show you how to make pâte brisée pastry and apple pie filling. Living well is a new series of hands-on workshops designed to help you live well in our community. **Call J.D. Shatford library at 902-857-9176 to register.**

Living Well: Occupational Therapist
Monday, September 16, 2024, 1:30-3:30pm
Living well is a new series of Lunch & Learn presentations designed to help you live well in our community. This week join Pauline, an occupational therapist with Nova Scotia Health, as we explore adjustments that can make for a safer, more accessible home. Lunch is included. **Call J.D. Shatford library at 902-857-9176 to register.**

The art of volunteering

Bay Seniors members and long-time Peggy's Cove Area Festival of the Arts volunteers (from left Anne Patrick, Pat Lindley, and Patricia Muzyk at this year's annual festival.

More than 70 volunteers supported four festival events that welcomed hundreds of art-appreciating visitors last month.