



# Ageing Well Together

## Community Links

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**Want to see your group or event listed here?** Email us!

### HIGHLIGHTS

#### Save the date!

**Age Friendly Communities-Enhancing our Collective Impact.** June 5, 2018, Future Inn Halifax. Join **Community Links** and partners on June 5 to celebrate and share the great things happening to make our communities more age-friendly, and to exchange ideas about how we can support each other in increasing awareness, action and change. Look for more information soon.

### SAVE THE DATE

**Mount Saint Vincent University** and **ElderDog Canada** are excited to be unveiling the research exhibit entitled "Grow Old Along with Me: The Meaning of Dogs in Seniors' Lives".

This project, funded by the Social Sciences and Humanities Research Council, has been in development for two years and features photos of and commentary on the interactions of older adults and their dogs. It highlights the important role that dogs can play in the influencing the health and well being of their owners, and of seniors.

#### **There will be five public exhibits of this work:**

Old School Community Gathering Place  
7962 NS Trunk 7, Musquodoboit Harbour  
April 14 to 20 – 10 a.m. to 4 p.m.  
Opening April 14, 2 p.m. to 4 p.m.

Lunenburg School of the Arts  
6 Prince Street, Lunenburg  
April 28 to May 4 – 10 a.m. to 4 p.m.  
Opening April 28, 2 p.m. to 4 p.m.

St. James United Church  
1078 Prospect Road, Goodwood  
May 12 to 18, 4 p.m. to 8 p.m.  
Opening May 12, 2 p.m. to 4 p.m.

Parkland Clayton Park  
Cameron Hall  
118 Fairfax Drive, Halifax  
May 26, 2 p.m. to 4 p.m.

Parkland at the Lakes  
Kinross Hall  
112 Baker Drive, Dartmouth  
May 29, 1:30 p.m. to 3:30 p.m.

For more information  
visit:<http://www.msvu.ca/en/home/aboutus/news/DrArdraColeSSHRCExhibit.aspx>

**Caregivers Nova Scotia** will be putting on a free workshop on **Caregiver Stress Management** this May at a number of locations across the province.

This workshop is intended to help unpaid caregivers identify common stressors and address them before they become harmful to the health of the caregiver or the care receiver. It teaches strategies to regain and maintain life balance.

**Pre-Registration is required by May 9th**  
Please contact Cindie Smith at 902-324-2273 to register or for more information

Dates and Locations:  
Elmsdale  
Wednesday, May 9th 1:30-3:30 pm  
Loyde E. Matheson Centre  
15 Commerce St.

Truro  
Thursday, May 10th 1:30-3:30 pm  
Colchester-East Hants Public Library  
754 Prince St.

Parrsboro  
Monday, May 14th 1:30-3:30 pm  
Lion's Den  
210 King St.

## EVENTS AND OPPORTUNITIES

The **Scleroderma Society of Nova Scotia** is busy planning for this year's **Run/Walk in the Park for Scleroderma**, which will take place on Saturday, June 16th, at DeWolf Park, Bedford.

The *Run/Walk in the Park* is a 1K and 5K run/walk along the scenic Bedford waterfront. Despite rainy and wet weather, last year's event was attended by approximately 150 participants who braved the cool temperatures to show their support.

Thanks to donors and supporters, they raised more than \$26,000, which helped them fund the David Shea Memorial Support Fund; support projects coordinated by the Scleroderma Patient-Centered Intervention Network (SPIN) and the Canadian Scleroderma Research Group (CSRG); and host information sessions to promote awareness of Scleroderma.

If you are interested in participating you can register online at [www.sclerodermawalkrun.ca](http://www.sclerodermawalkrun.ca)

### Have your say on front-of-package nutrition labels!

Health Canada would appreciate your help in spreading the word about our consultations on front-of-package nutrition labels. Our proposed regulations would help families quickly identify foods that are high in saturated fat, sugars and sodium, and help them to make healthier choices in the grocery store.

Take part in the [quick and easy nutrition symbol consultation](#), to help us choose a symbol that you would find useful on the front of food packages. There is also the opportunity to provide more detailed comments on the regulations themselves.

The consultations are available until April 26th,

2018. Please feel welcome to share this information on social media, your website, or bulletin boards.

**Nova Scotia Legal Aid** is now hosting **online Chat with a Lawyer** Fridays from 11am -12 pm.

Check in with any questions you have about family law every second Friday (March 16, 30), or landlord/tenant, income assistance, CPP-disability questions every second Friday (March 23...)

Visit [www.nslegalaid.ca](http://www.nslegalaid.ca) and click on the chat icon

### March Trivia Question

Congratulations to Agnes Millar. The nickname given to Nova Scotia by the Irish was *Talimh An Eisc* ('The Land of the Fish') because so many Irish people were employed in the fishery along the coast during the summer.

Thanks to all those who participated! Keep sending in your answers!

### April Question

April 22 is the 28th anniversary of Earth day in Canada.

What are three ways that you take action to help keep our environment and communities clean and sustainable!

**Reply to [info@nscommunitylinks.ca](mailto:info@nscommunitylinks.ca) with your answer for a chance to win a prize!**

Send us your feedback at [info@nscommunitylinks.ca](mailto:info@nscommunitylinks.ca)

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