



E-Bulletin - Volume 13, No.12, December 15,
2017

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

HIGHLIGHTS

Our 25th Year is Coming to an End!

As our 25th anniversary year comes to an end we would like to wish our friends and members safe and happy holidays!

As we enter 2018, keep supporting your communities and sharing your events with us so we can help support you!

Community Links and Ageing Well Coalition would like to thank all those who donated to our November Falls Prevention assistive devices drive.

Keep your eye out for this event next year as we hope to make it part of our annual falls awareness campaign.

Community Links and HRM Ageing Well Together Coalition will be putting on a number of Fitness in the Kitchen workshops this winter in association with Community Health Teams.

Monday, Feb. 12. 10-11 A.M. CHT Tacoma Drive, Dartmouth
Friday, Feb. 23. 10-11 A.M. Community Wellness Centre, Spryfield

To register call us at 902-422-0914.

SAVE THE DATE

The **Halifax Chamber of Commerce** is hosting a Silver Economy Summit in Halifax on March 6 & 7, 2018. This conference will discuss the future economy and opportunities as they relate to older adults and ways we can ensure our businesses, people, and communities can thrive. Members of the public, students, professionals, caregivers, and more are expected to and are encouraged to attend.

Find information about registration and sponsorship opportunities at their website: <http://halifaxchamber.com/events/silver-economy-summit/>

Always Home Homecare is putting on the second of a series of training sessions for family / friend caregivers. On **January 18, 2018** they will be discussing **Personal Care 101**.

There is a suggested donation of \$20, but it is always pay what you can for attending. All proceeds will be going towards the Salvation Army.

The course will be held at 45 Dundas Dartmouth. Please RSVP by January 12 at 902-405-4400 or janet@alwayshomecare.ca

The Windsor Legal Aid NS office will once again be hosting a monthly Form Filling Clinic for the 2018 year. The clinics are held from 1:30-4:00 p.m. one Wednesday a month. The dates are as follows:

Jan. 17	Feb. 14	Mar. 14	Apr. 11	May 23
Jun. 20	Jul. 18	Sep. 12	Oct. 24	Nov. 21

These clinics will be a **free** opportunity to drop in and be assisted in filling out various forms including applications.

Contact the Windsor office at 902-798-8397 for more information

EVENTS AND OPPORTUNITIES

The **Arthritis Society** will be putting on a **Arthritis Lifestyle Makeover Challenge** starting January 24th for 6 weeks. This will consist of a series of free two hour sessions over the six weeks that will help you build confidence and play an active role in reducing the impact of arthritis on your life.

The sessions will be held Wednesdays from Jan. 24 to Feb. 28th at two locations:
10 a.m. to 12 p.m. at New Minas LMCC
1 p.m. to 3 p.m. at Berwick Fire Hall

contact 1-800-321-1433 ext. 8233 or email info@ns.arthritis.ca to register or for more information

The winter can make for an easy reason to just stay home - but there are still many things going on in our communities!

Check out the **Community Health Team** program schedule at <http://www.nshealth.ca/sites/nshealth.ca/files/current-schedule-fall-winter-september-february-2018.pdf> for the winter to find programs, discussions and drop in days where you can get information and advice on different aspects of healthy living and aging!

Public Lectures can be a great evening out. You can learn something new, or find out what's happening in a field you're already familiar with. Most universities put them on throughout the school year.

FUNDING OPPORTUNITIES

The **Nova Scotia Department of Seniors** is now accepting applications for the Age-Friendly Community Grant program for the 2017-2018 year. The program supports community projects that promote healthy, active living and encourage and enable older adults to age in place while staying connected to their community. Find the guidelines and applications at https://novascotia.ca/seniors/age_friendly_program.asp

The **Heating Assistance Rebate Program (HARP)** provides heating assistance to Nova Scotians most in need to help heat their homes during the winter. The winter 2017-2018 applications are now for those who are eligible as per the following criteria:

- Single household: \$29,000 or less (after tax) annual income.
- Family household: \$44,000 or less (after tax) annual income.

Find more information or apply online at <http://www.novascotia.ca/programs/heating-assistance-rebate-program/>

November Trivia Question

Congratulations to Dominic Boyd the winner of November's trivia contest!

Two key nutrients to help prevent osteoporosis are calcium and vitamin D.

Thanks to all those who participated!

December Trivia Question

What famous Canadian was born on December 25th?

Reply with your answer for a chance to win a prize!

Find us online at:

<https://www.facebook.com/communitylinksassociation/>

https://twitter.com/AgeingWell_NS

<http://nscommunitylinks.ca/>

Send us your feedback at info@nscommunitylinks.ca

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Box 29103 Halifax, NS, B3L 4T8
info@nscommunitylinks.ca
902-422-0914 or toll free 1-555-253--9355