



## Seniors' Safety & Social Inclusion Programming

This overview outlines programs and presentations available **FREE** of charge to Richmond County residents.

To learn more or to host one of these programs in your area, please contact:

Seniors' Safety & Social Inclusion Coordinator:

**Michele Mac Phee**

(902) 587-2800 ext: 5 or [Seniorsafetycoordinator.dkmchc@gmail.com](mailto:Seniorsafetycoordinator.dkmchc@gmail.com)

### RICHMOND COUNTY SENIORS' SAFETY PROGRAM

Goal: to create a safer and healthier environment for Richmond County seniors.

#### PRESENTATIONS AVAILABLE:

- \* **Senior Abuse**-What is it? What to do about it?
- \* **Falls Prevention**- presentation or home assessment
- \* **Frauds & Scams prevention** (online, mail, phone, door to door).
- \* **Mindfulness Based Stress Reduction**-learn how to be present and why it is beneficial.



The Senior Safety Coordinator is also available to assist individuals with accessing information, services and programs related to their safety, health and well-being.

### FOUNTAIN OF HEALTH-OPTIMAL AGING

Did you know that changing the way you think about aging might be one of the most important ways to stay healthy? As it turns out, attitude is key to longevity and happiness! Together we will discuss 5 key actions that can help you stay healthy for life: Positive Thinking, Social Activity, Physical Activity, Brain Challenge & Mental Health.



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## ART OF FRIENDSHIP

The Art of Friendship program provides a group support environment where adults 18+ with a mental health issue can further their health and well-being. Through a self-reflective journey, participants learn the skills of friendship building, meet new people and learn about recovery and wellness skills. The Art of Friendship program is meant to create an environment of empowerment and recovery, where everyone can participate in the group as an equal.



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## YOUR WAY TO WELLNESS

Your Way to Wellness is a chronic disease self management program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life. Groups meet weekly for six weeks and are led by trained facilitators, most of whom have chronic conditions themselves. Subjects include setting goals; good communication skills; healthy living; symptoms management; and, improved coping skills.



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## ART OF RECOVERY (AOR)

Art of Recovery focuses on what is helpful in our life journey as we find our way back from a mental health disorder and/or addiction. AOR will assist you with tools to look at who you are now and identify who you hope to become by developing strategies that will help you to accomplish that goal.



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## JAVA Group Programs

Java Music, Memory Care and Mentorship are peer supportive programs built on the idea that happiness comes from helping others. They are designed to reduce social isolation and loneliness across the senior living spectrum and engage those living with advanced dementia.

