

Mind, Body and Spirit Toolkit



Body Mind Soul
David J. Brooks

A COLLABORATIVE COMMUNITY APPROACH TO ADDRESSING
SENIORS' MENTAL HEALTH AND ADDICTIONS
AND SOCIAL ISOLATION

2021



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Forward

The Mind Body and Spirit Project was a collaboration partnership involving many community partners in Richmond County, Cape Breton. Funding was made possible through the community stream of funding with Mental Health and Addictions, Department of Health and Wellness and the Municipality of the County of Richmond. The Kingston Memorial Community Health Centre served as the official host and provided the overall coordination for the project.

The project got underway in Fall 2017 and wrapped up in late Fall of 2019. Several of the components of the project were designed and delivered in such a way to ensure sustainability beyond the time period of the actual project.

Why did we pursue funding for this type of project?

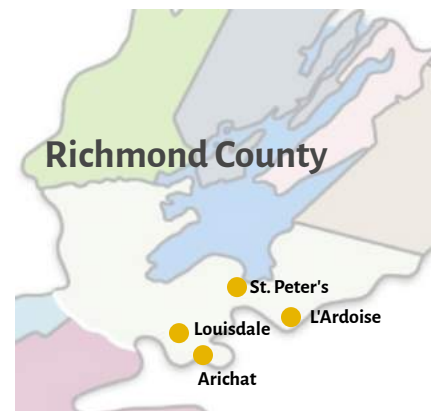
In Spring 2016, a group of community partners and staff from Nova Scotia Health had been working together and having discussions the growing seniors' population, and that health issues among older adults are becoming increasingly more common and impacting many families and communities. Knowing that this demographic shift is already having a significant impact on the health care system and that many older adults live with multiple chronic health conditions, impacting both their physical and mental health, we wanted to do our part to address the mental health care of seniors, reduce social isolation and develop an appropriate response to meet this challenge. Communities have an important role in helping seniors to stay healthy, both physically and mentally.

Community supports may include a wide range of programs and services that provide access to a comprehensive range of community services for seniors. Examples include social recreation programs and gatherings, educational opportunities, physical exercise and a wide range of outreach community supports. These are an important foundation of a mental health service system and when staff and volunteers in these settings are offered resources and opportunities to improve their mental health literacy, this creates a wider system of support overall.

This tool kit is intended to support community organizations and community based service providers in their planning, development and implementation of a community-based response to support the needs of its senior population to improve their mental health and reduce social isolation.

Why Create a Toolkit

The Dr. Kingston Memorial Community Health Centre received funding to work on a collaborative approach to offer programming to address issues that impact older adults in our communities. Issues such as mental health, addictions and social isolation, have become even more important in the past year, as we have faced a global pandemic that has had a significant impact on the health and well-being of many older adults throughout Nova Scotia.



As a community based organization, we understand first hand, that many volunteer organizations and other partners that work with seniors throughout rural Nova Scotia may have limited resources, both human and financial to offer a wide array of programs. Although our project spanned over two years, we had funding for a project coordinator and the work involved many different components, each initiative that was can be offered as a stand-alone project and can be duplicated in your community..

We hope the tool kit provides you with ideas and tips to make your job a little easier should you decide to move ahead with one of these initiatives.

The intent of the toolkit is to share our experiences with other communities in Nova Scotia who support older adults to live their best lives!

What is the Purpose of a Toolkit? How it Works.

The purpose of the toolkit is to share our story and provide other rural communities access to all the information and learnings that we discovered throughout our project.

We have captured the many different components of the project in case they wish to pursue similar initiatives in their communities.



How it Works

The tool kit is divided into several chapters all based on the outcomes of the project.

Outcome One

- Build capacity and skills of community members by investing in training and education to strengthen and enhance community assets, partnerships and linkages to improve mental well-being for seniors.

Outcome Two

- Community members are more aware, have increased knowledge and there is deeper understanding about seniors mental health and addictions issues.
- Conversations about mental health and addictions have shifted to become more open and compassionate. We begin to create a cultural shift and notable change in the community conversations.

Outcome Three

- Innovative, creative and approaches are used to ensure sustainability and contribute to the mental well-being of seniors.

Outcome Four

- Community organizations, formal service providers and partners are working together collaboratively to improve the overall health of seniors.

Acknowledgement About the Artist

David was raised in Indian Brook. Both his parents were also artists.

He belonged to the province's first generation of contemporary Mi'kmaq painters. David was also a gifted carver and sculptor.



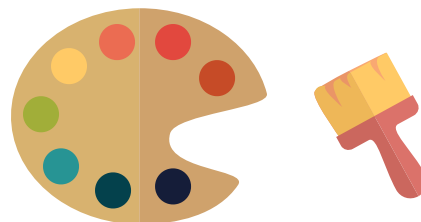
He really cared about his community and was very passionate about his work, he was someone with a big heart, and this is evident in his work.

David was the first Mi'kmaq artist to have his artwork collected and featured at the Art Gallery of Nova Scotia. It can also be found on covers of Mi'kmaq history books.

Much of his work is owned by collector Rolf Bouman, founder of Friends United and is on display at the Friends United International Convention Centre in Richmond County, Nova Scotia, featuring the largest private collection in Atlantic Canada of Native Art.

David Brooks died at the age of 62 in May 2014.

"When I paint I do it as much for other people as myself. I hope my paintings can suggest a path to the future."



Chapter One

Working Together Collaboratively

Community organizations, formal service providers and partners working together collaboratively to improve the overall health of seniors.



Why Collaboration is So Important

To create healthy communities that can best respond to the many complex issues that impact seniors and find the best solutions to support them takes a lot of work. Relationships and strong partnerships don't materialize out of thin air. The ability to partner effectively with other organizations in the community is an essential ingredient in working collaboratively. When we work collaboratively, we can achieve outcomes that might otherwise be impossible. Collaboration requires a great deal of effort. People may represent organizations or occupations, but we are all people and *relationships are built between individuals, not organizations*. These relationships are necessary to create a shared vision and promote commitment to collaborative approach.



When we decided to apply for this funding, we knew that no one organization was solely responsible for the health and well-being of seniors in Richmond County. We knew that it would be important to involve many organizations and people if we were going to be successful. We also knew that every rural community was different and it is important to be aware of the assets and strengths in Richmond County. Much effort was made to ensure both our partners and potential supporters were identified and invited to be part of this project. We also knew that it would be important to create strong ties with the formal system of supports that are provided through the health care umbrella to address issues of mental health and addictions.

Finally, we knew our approach, that involved many organizations and people working together would create the best possible outcomes for seniors in Richmond County.





Community Collaboration... Key to Success

When the MIND-BODY-SPIRIT Project kicked off, it became very clear that the need for collaboration between groups would be vital to address seniors living in social isolation with mental health and addictions issues. Throughout the duration of the project, the Project Team collaborated with partners to improve and create programs for seniors that were based on research, best practices and relied on existing community assets. We used a grassroots, ground-up approach to create a system of programming that would work best for our population group resulting in on-going collaboration for sustainable action on seniors' health.

One of the way that we decided to involve the many partners and supporters was to gather folks together in the same room at the beginning of the project to brainstorm, discuss and get feedback on building a framework for collaborative programming. The project was just getting underway in September 2017 and in October we organized a brainstorming session.



MIND-BODY-SPIRIT Project

PARTNER THINK TANK – OCTOBER 19, 2017

We invited members from local seniors clubs, representatives from the municipality and Nova Scotia Health, our local nursing homes, Department of Community Services, continuing care, partners such as the Richmond County Literacy Network, Telile Community Television and several other organizations that provided services to older adults.

Outcomes for the day were:

- To discuss the outcomes and plans for the project.
- To learn from each other about current community-based services that support seniors as well as explore ideas to collaborate on ways to improve.
- To identify partners to host some of the programs and brainstorm ideas related to reaching seniors for participation uptake.

This first session was important to ensure all the organizations involved with seniors were aware of the project, and felt they had something to contribute. It was also important as many would prove to be partners during the project and strong supporters and champions.

Bringing people together at the beginning of the project ensured they felt they had an opportunity to contribute and that allowed us to tap into the many assets in the community and the experience people brought to the table.

Community Health Collaboration Forum – Looking to the Future

As the project was in the wind down phase, a second forum was hosted two years later in October 2019 through MIND-BODY-SPIRIT (MBS) project to gather stakeholders together to share ideas about the future. Since collaboration was the foundation of the project, and it was important to ensure that the partners involved in the project had the opportunity to come together and reflect on the experience and look at ways we could continue to collaborate in the future.

Groups represented at the forum included:

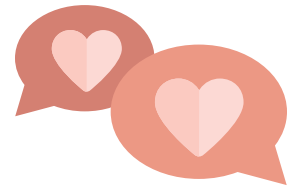
- NS Dept of Community Services
- NSHA – Mental Health & Addictions
- NSHA – Continuing Care
- Dr. Kingston Memorial Community Health Centre
- NSHA – Long-term Care
- NSHA – Health Promotion
- Richmond County Literacy Network
- New Dawn Homecare
- Guysborough County Home Support Agency
- Réseau Santé Nouvelle-Écosse
- Community Skill Exchange-Richmond County TimeBank
- Isle Madame and Area Grief and Bereavement Group
- Fleur de Lis Seniors Club
- Seniors Take Action Coalition



Highlights of the discussion and recommendations on what is needed to move forward:

Communication/Information

- An **innovative communication process** so that all stakeholders know what others can offer them and what they can offer others.
- **Online** as well as in print **direct to home**: (e.g.: using Richmond Reflections to communicate all options to clients and to communicate with one another).
- Communication for a purpose (e.g.: hub, anchor, menu of services, central location, bank of information, inventory).
- A way to **connect and share** what resources are available to people in the area.
- Re-establishment of communication pathways reduced during recent changes in leadership in NSHA and government services.



Civic/social participation (ongoing collaboration processes)

- **People** to ensure collaboration is ongoing.
- **Acknowledgement** that there are gaps in knowledge and skills in our communities in advocacy, critical thinking and communication and discuss ways to **address** this with training.
- A push for **change from competition to collaboration** (community engagement).
- **A system** to break down this barrier/disconnection between decision makers and community voices.
- Collaborative **values**.
- **More collaborators** from other areas not present at the forum (e.g.: crime, transportation, youth representatives, municipality, schools, First Nations)
- **Flexibility between formal and informal** services (e.g.: privacy concerns re referrals) and other barriers.
- A way of **bridging into other communities** and growing community-based services that are working well (e.g.: Isle Madame Bereavement Group, Louisdale WE CARE days).
- Working to address the gaps through **advocacy and collaboration** (e.g.: free transportation, mental health services, affordable and accessible medical equipment, and palliative care at home).

Social Inclusion

- **Better/innovative** transportation, homecare, housing, etc. (logistics).
- Promote **welcoming communities** for youth and young families.
- **Valued roles** for all ages.
- Build a **strong workforce** from the ground up.
- A **community that values** the passion and contribution of its seniors and all community members at any age.
- **Seeking out** and valuing of seniors who make up 47% of the demographic in Richmond County for their experience, knowledge and skills.



Evaluation (in order to realize a collective vision)

- **Ensuring we are using the best resources** in community programs and services (e.g. best practices, evidence-based, ability to be measured, proof of legitimacy) to create a smoother collaboration between formal and informal services.
- **Keep up with changes** in options and best evidence-based services, models.
- **Trust needs to be built** with formal service providers so that we can collaborate on services provided by community groups. Therefore, community-based services need to be credible and validated.
- A **measurement** system so that we know what services to grow (e.g.: community-based bereavement group on Isle Madame can be spread across the county with our support to that volunteer group).



Learning & Development

- **Learning in community leading to engagement** (e.g.: volunteers/community mobilizers trained in areas of interest to spread knowledge to clients).
- **Using what we know** to grow collaboration (co-op model, Antigonish/ Coady movement).
- **Community Development** – build and grow our own support.
- Community-based **facilitator training**.
- **Understanding roles of existing supports/networking** within formal and informal agencies (e.g.: case conferencing).



What do we need to be more successful?

- An anchor/backbone organization that can take the lead in our community to address issues such as seniors mental health.
- A shift the idea that organizations need to compete for resources into one of collaboration.
- Increased knowledge and training in preparing grant applications and sharing of potential funding sources.
- More partnerships to avoid duplication of services and re-inventing the wheel.
- Better communication between organizations, both formal and informal.
- Collaborative values
- Access to training to build capacity in the community for a better understanding of the social determinants of health and how they impact health.
- Training on the value of collaborative approaches and collective impact.
- Stronger role for the Community Health Board to serve as facilitator of initiatives such as this.
- An acknowledgement that one size does not fit all and rural communities sometimes need a different approach.
- Explore options (funding)
- Network and access (individual referrals)
- Partnership building
- Learning ; Knowledge; Insight
- Participation
- Ensure information on programming and services is provided to them.
- Ensure they have all relevant information to consider such as the well-being model that was developed and other models that might be considered.



Role of the Advisory Committee

The Advisory Committee was a key component of a collaborative approach....

The ability to partner effectively with other individuals and organizations is essential to build healthy communities.

When we embarked on this project, we knew that no **one** organization in Richmond County had all the needed experience, knowledge and skills needed to take on this project. One of the ways that we decided to ensure we had access to the experience and skills required to ensure a successful project was to form an Advisory Committee.



The project team, which consisted of a the project coordinator, a Board member from the Kingston Community Health Centre, another staff member involved in seniors programming and a project advisor, spent time at the beginning of the project talking about how to best engage partners, discussed the role of the collaborators and project supporters.

We knew that it wasn't possible to achieve the outcomes of this project without the input and active participation and many others. We knew that the outcomes of the project would be far more successful we could draw on others to support us. For the duration of the project we had the support of an Advisory Committee. Members of the Advisory Committee were available to provide feedback related to the project, identify opportunities and potential partnerships. They also were great champions of the overall goals and activities of the project.

The role of the Advisory Committee:

- Attend regular Advisory Committee meetings (in person or via Skype)
- Provide information, act as a sounding board and offer advice to the Project Coordinator.
- Provide feedback on, and ideas for, initiatives related to the goals of the project.
- Provide linkage and communication among similar and complementary groups and activities within the Strait Richmond Area.

Members were chosen based on their knowledge, experience and skills in the area of community development and working with older adults.

See Terms of Reference in Resource Section

Chapter Two

Building Capacity

Build capacity and skills of community members by investing in training and education to strengthen and enhance community assets, partnerships and linkages to improve mental well-being for seniors.



Canadian Mental Health Association Programs



**Canadian Mental
Health Association**
Mental health for all

The Canadian Mental Health Association (CMHA) offers a number of programs that build community capacity and individual skills to understand and enhance mental health at the community level. These programs are typically offered by staff and trained persons associated with CMHA.

In some instances they offer training to other partners. Two staff associated with the Mind, Body and Spirit Project were fortunate to receive training and were able to offer programming.

If you are interested in these programs and think that your organization might like to offer these in your community, contact CMHA and inquire what might be possible.

Canadian Mental Health Association, Nova Scotia Division
Suite 2013-644 Portland Street Dartmouth, Nova Scotia B2W 6C4
Toll Free: 1.877.466.6606
Email: karn.nichols@novascotia.cmha.ca

Art of Friendship

This is an interactive, psycho-educational learning workshop that helps build self-awareness and interpersonal skills through topics such as human behaviour, responsibility & commitment, values, boundaries & trust, as well as dealing with conflict.

The Art of Friendship program provides a group support environment where adults with a mental health issue can further their health and well-being by reducing isolation and building social skills. Participants learn the skills of friendship building, meet new people, and learn about recovery and wellness skills.



Target Audience: Youth and adults 16+

Duration: Nine -1.5 hour sessions (13.5 hours total)



"I work primarily with seniors, many of whom have mental health challenges, but are not always at ease discussing them. These programs empower people by offering opportunities for self reflection, peer support and comfort in knowing they are not alone."

- Michele MacPhee,
Project Staff Member

The **Art of Friendship** is a self-reflective journey in which participants learn the skills of friendship building, meet new people and learn about mental health recovery and wellness skills.
For more information or to register please contact **Michele Mac Phee** (902) 587-2800 ext. 5
**Transportation available*



Art of Recovery

The Art of Recovery sessions consist of a series of topics related to the changes that take place for us as we find our way back from a mental health disorder and/or addiction. It is the next step after the workshops found in the Art of Friendship.

The Art of Recovery focuses on what would be helpful in your life journey. It will provide you with tools to look at who you are now and identify who you hope to become and what you need to do by finding and developing strategies that will help you accomplish that goal.

Target Audience: Adults 18+

Duration: Seven -1.5 hour sessions (10.5 hours total)



ART of RECOVERY

Louisdale Lions Club (transportation provided)

Sept 18 - Oct 11, 2018 (2 afternoons per week)

TO REGISTER: Call 902-587-2800 or email mindbodyspiritpc.dkmchc@gmail.com

The Art of Recovery is a three-week Canadian Mental Health Association course about changes that take place as we find our way back from a mental health challenge and/or addiction. It is provided free of charge on Tuesday and Thursday afternoons at the Louisdale Lions Club. Transportation arrangements can be provided.

The Art of Recovery is a Canadian Mental Health Association (CMHA) course that is being provided by a CMHA-trained facilitator through the Dr. Kingston Memorial Community Health Centre's MIND-BODY-SPIRIT Project.

We will be offering 7 sessions in the following order:

1. TUESDAY Sept. 18th @ 1pm

What is mental health/addiction recovery? Am I in recovery? What does recovery mean to me? Introduction to Stages of Change. Impact of Stigma.

2. THURSDAY Sept. 20th @ 1pm

Stage 1 - Contemplation. Attitude of Hope. Affirmations. Self-Awareness. Recognizing Your Strengths. Self-Care. Power of Negative Messages. Catch It, Check It, Change It!

3. TUESDAY Sept. 25th @ 1pm

Stage 2 - Preparation. Courage. The Dignity of Risk. Risk/Risk Management - 5 Steps. Self-Care.

4. THURSDAY Sept. 27th @ 1pm

Stage 3 - Action. Dreaming and Scheming. Steps to Making a Change. Feel the fear and do it anyway! Behavior Change Resolution

5. TUESDAY Oct. 2nd @ 1pm

Stage 4 - Stability. How to Become Emotionally Stable Part 1: Retraining Your Emotional Reactions. Part 2: Modifying Your Thinking. Part 3: Modifying Your Habits. Coping Strategies.

6. THURSDAY Oct. 4th @ 1pm

Stage 5 - Resiliency. What is Resiliency? Compare Resiliency to a Business Continuity Planning Lifecycle. Factors in Resiliency. Strategies for Building Resiliency. What is An Action Plan? Why an Action Plan?

7. TUESDAY Oct. 11th @ 1pm

Review of the 5 Stages of Change. Recovery Travel Tips. My Favourite Things List. Wrap up. Invitation to complete a personal action plan called "Strategies for Success Recovery Workbook".

Quotes from Participants

"I understand that self-care is an important part in my recovery."

"I understand what recovery is."

Optimal Aging



Optimal Aging is a four week mental health promotion initiative that promotes psycho-social wellness and builds resilience among individuals of age.

The series provides evidence-based information on brain health and resilience tools to support factors including:

- 1) social activity
- 2) positive thinking
- 3) physical activity
- 4) taking care of one's own mental health
- 5) brain challenge (thought exercises, such as learning something new), as well as health goal setting.

Target Audience: Adults 50+

Duration: Four - 1.5 hour sessions (6 hours total)



Art of Facilitation Workshop



As part of the project, we agreed it was important that we provided opportunities to build capacity for community members to develop their skills so they could offer programs into the future. One of the ways we chose to do this is by offering a learning event called Art of Facilitation. Twenty-five community members participated in the training.

The objective of this day long workshop were:

- Build a common understanding about what facilitation involves.
- Learn the key elements of facilitation from planning to follow up.
- Practice facilitation as part of a group.
- Capture of learnings from the experience.

Through the project there was funding available to engage the StFX Extension Department to develop and offer the training, however, if you wish to offer this type of workshop in your community, there are likely people right in your community who have skills in training and facilitation that you could approach to support you to offer such a workshop.

If living close to a university, someone studying adult education may wish to take this on as a project, often local women's centers and family resource centers have people who are skilled in training, or the local recreation department, literacy council, and community health boards. You do not need to have access to funding to offer a creative and fun learning event to provide older adults in your community skills in facilitation.

Quotes from Participants

"I became aware of groups that share the same interests and are active in their communities. I would like to connect with these groups with the hopes of our community becoming more active."

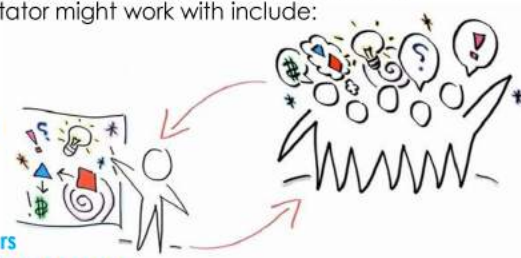
"The session was very helpful and I gained much knowledge on effective facilitation. More importantly were the personal connections made with other participants and potential for future partnerships."

Sample Promotional Poster

OPPORTUNITY FOR FUTURE FACILITATORS

The Kingston Centre's MIND-BODY-SPIRIT Project is looking for volunteers who are interested in becoming facilitators. A **facilitator** is a guide. He or she helps a group of people accomplish common goals. Some groups or areas of interest that a Richmond County volunteer facilitator might work with include:

- Support Groups
- Music Care Providers
- Food Security and Healthy Eating
- Physical Activity Groups
- Mental Health and Well-being
- Drop-in Services
- Curriculum-based Program Leaders
- Community Development (any subject area)



**Are you a person who already does work with groups in your community?
Are you interested in starting a group?**

The Kingston Centre would like to support future community facilitators with training and resources.

For more information please contact:
Michele MacPhee: seniorsafetycoordinator.dkmhc@gmail.com / 902 587-2800 ext. 5.
Dawn Ostrem: mindbodyspiritpc.dkmhc@gmail.com / 902-587-2800

Conversations on Death and Dying

As people age and members of their families and friends die, some seniors may become anxious or become depressed when facing their own immortality. Death is part of the cycle of life, and talking about it is an important part of aging. The prospect of dying raises questions about the nature and meaning of life and the reasons for suffering and dying.

Preparing for death often means finishing a life's work, setting things right with family and friends, and making peace with the inevitable. Spiritual and religious issues may also be important to many dying people and their families.

People vary in their comfort level in talking about death and dying and regarding the amount of information and involvement in decision making that they want.



Grieving is a normal process that usually begins before an anticipated death. According to Elisabeth Kübler-Ross, a pioneer in death and dying studies, dying people often experience five emotional stages: denial, anger, bargaining, depression, and acceptance.

The reality is that you will grieve forever. You will not “get over” the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same. Nor would want too.

Elisabeth Kübler-Ross & David Kessler
From On Grief and Grieving

Grief.com

Community participants came together to discuss death and dying and discover ways that as a community they can look to offer additional support and services to support people.

A one day facilitated workshop allowed participants to explore concepts such as a Death Cafe and Indigenous Perspectives on Death and Dying.

If this is something you might be interested in there are likely people in your community who you reach out to assist with offering such a workshop. Volunteers or staff involved in palliative care, local health care providers like social workers or family physicians would be great resources.



In addition, there are many excellent websites that provide information:

- <https://deathcafe.com/>
- <http://www.nshealth.ca/content/palliative-care>
- <http://nshpca.ca/>

Quotes from Participants

"The conversations are spawning innovation in how we can talk about death."

"People really care about our community - about living and dying."

"Indigenous ways of death and dying linked to important rituals for all - intercultural."

Mental Health First Aid



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada



One of the ways we chose to build capacity in our communities was by accessing the training offered through the Mental Health Commission of Canada. Mental Health First Aid (MHFA) is an evidenced based program that is international in scope. Participants were provided with two days of training.

MHFA was selected as it has been proven to be very effective and has helped participants to not only increase their knowledge and confidence about signs, symptoms and risk factors of mental health problems. It also improved mental health literacy and changed attitudes and behaviors.

Throughout the duration of the project, four Basic Adult courses were offered with close to 50 members from our communities participating in training in Mental Health First Aid (MHFA).

While there is a specific course for seniors now available, it was not possible to access trainers at the time of the project. You can find course descriptions in resource section.

For more information on the various courses available, see link below.

<https://www.mhfa.ca/en/course-types>

Quotes from Participants

"What I valued most, personally, about this training is having the tools to understand mental health at a basic level."

"I feel having a basic awareness of current mental health first response practices is key to motivating people in the community around mental health programs and services."



Mental Health First Aid continued

Possible Sources of Funding and Support

Nova Scotia Health

In addition, in some instances there are staff trained within Nova Scotia Health, Mental Health and Addictions that can also be approached to offer the two-day training course

Mental Health Foundation of Nova Scotia

<https://www.mentalhealthns.ca/mhfirstaid>

Department of Seniors – Age Friendly Community Project Funding

<https://novascotia.ca/age-friendly-grant/>

Community Health Boards

Check to see if mental health or social isolation is a priority for your local Community Health Board and look at applying for funding.

<https://www.communityhealthboards.ns.ca/wellness-funds>

MENTAL HEALTH FIRST AID FREE TRAINING

Kingston Centre / L'Ardoise, N.S.

MAR 20-21, 2019



St. John Ambulance

The MIND-BODY-SPIRIT Project is offering FREE Mental Health First Aid training (\$100 value) to volunteers and service providers in Richmond County on MAR 20-21, 2019 at the Dr. Kingston Memorial Community Health Centre in L'Ardoise, N.S. For more information or to register please call the Kingston Centre at 902-587-2800 or email: mindbodyspiritpc.dkmchc@gmail.com

Example of Training Ad



The Mind, Body, and Spirit Project offered a free training course in Level 1 Music Care and invited local organizations to reserve one seat in the program to develop the skill set of people in the community who work with older adults. Organizations were contacted directly and invited to send someone to the training.

The goal was to use this training to spread knowledge about music care among volunteers and front-line workers in Richmond County.

21 participants included staff from local long-term care facilities, adult group homes, local hospital, palliative care society, continuing care and individuals working with older adults in the community. Staff involved in the MBS project also participated in a two-day session.

Music Care Training is offered in three distinct certificate courses that provides training for professional, volunteers and family caregivers.

The course curriculum was developed by Room 217 Foundation, a trusted leader in Music Care research, resources, education and training.

This training is available in the community and also as an exclusive in-house training.

Designed for anyone regardless of musical inclination or ability, Music Care Training complements and strengthens other scopes of practice.

Quotes from Participants

"It was a valuable learning experience as it gave me an easily accessible tool with which to bridge communication gaps in a meaningful way."

"It has assisted me in my role by understanding the skills people with music care training can provide to the community."





Level 1 - Fundamentals of Music Care: Theory and Context –

The learning goals of this course as outlined on their website are:

- Describe the goals of music care and how they can be applied to care settings.
- Discuss the context and impact of music care within a changing healthcare system.
- Situate music care as an approach rather than a scope of practice.
- Internalize the impact of rhythm, melody and timbre in care situations.
- Demonstrate a sensitivity to the impact of sound and music in a care space.
- Show awareness of a range of music care resources and provide examples.
- Utilize 10 music care strategies.
- Build confidence using the voice as an instrument of care.
- Develop a proposal for a music care initiative in a real-life care setting.

For more information <https://www.room217.ca/music-care-training>

Music Care Training
April 16-17, 2018 - Louisdale Lion's Hall



FREE

MIND-BODY-SPIRIT
Community Volunteer
Training Opportunity
*No Need to have a musical
background*

In Level 1 Music Care students will learn about:

- Positive and adverse power of music in care
- Practicing musical skills and building confidence using them
- Developing their own approach to making music a part of their care communities

To apply for this FREE training please fill out an online application using this link:
<https://form.jotform.com/80073255692256>

Applications are accepted on a first-come, first-served basis AND on how you plan to practice music care skills in a way that involves seniors in your community (as described in your application).

For more information please contact Dawn Ostrem (MBS project coordinator) at mindbodyspiritpc.dkmchc@gmail.com or 902-631-5890



YOUR WAY TO WELLNESS

Understanding the connection between mind and body is an important step in to reduce the incidence of co-existing conditions and support older adults already living with mental health issues while managing chronic physical conditions.

Mental health and physical health are so closely linked that it is important to pay attention to seniors who are living with chronic physical health conditions because they can experience depression and anxiety at a much higher rate than the general population. As people becoming older, there is a higher likelihood that they may also develop new health conditions. Learning to manage and live with these health issues can become even more complex if also dealing with social isolation, or a recent loss.

"Being physically active, socially connected and challenging your brain can improve your long-term health and can help you to bounce back from illness. These risk factors along with a positive attitude toward aging and addressing mental health are key modifiable factors to reduce overall dementia burden by up to 35%."
(Lancet, July 2017)

Programs like Your Way to Wellness offered by Nova Scotia Health provide opportunities for older adults to come together with others experiencing similar life challenges and improve their overall health. Your Way to Wellness is a free 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 two and half hours for six weeks and are led by trained volunteers, most of whom have chronic conditions themselves. Family and friends are welcome to attend as well.

Participants learn how to:

- Set goals and problem solve
- Improve communication with health care providers, family and friends
- Eat healthier and become more active
- Manage symptoms
- Make daily tasks easier
- Improve self-confidence
- Manage fear, anger and frustration



For more information, please call 1-888-672-3444 or e-mail yw2w@nshealth.ca.

Chapter Three

Increase Knowledge and Create a Cultural Shift

Community members are more aware, have increased knowledge and there is deeper understanding about seniors mental health and addictions issues.



Conversations about mental health and addictions have shifted to become more open and compassionate. We begin to create a cultural shift and notable change in the community conversations.

Feeding the Soul Conference for Seniors Mental Health

Bringing together seniors in a day long learning event provided them with an opportunity to network with others, learn new things and have some fun, while at the same time highlighting the importance of *Feeding the Soul* at all levels. One of the outcomes for the overall project was to support seniors to develop a deeper understanding of the many issues that can impact one's mental health and lead to social isolation. By providing new ways to look at things differently and the connection between our mind, body and spirit, we created the space for seniors to talk about how stigma is still associated with admitting one struggles with their mental health or addictions. It also celebrated the resiliency and strength of older adults and the assets they have.

Check out the promotional video for the conference, [click here](#).



Mind over Matter,
Keynote Speaker,
Pam Mood, to watch, [click here](#).

Brain Health as we Age, presenter Jean MacQueen, to watch, [click here](#)

Things to consider if planning a full day conference or workshop.

- Often people attend a conference as a participant, but do not always realize the planning and organization that goes into making it happen. Plans for this conference got underway about six months prior to the date. (For a larger conference, the planning could start a year in advance.)

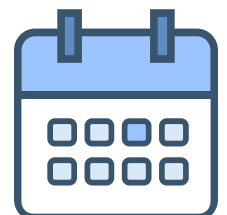


- Because this project was all about working collaboratively in the community, part of our approach was to recruit people to join a planning committee. Having a team of dedicated people to take on different responsibilities, ensured a collaborative approach and involved many partners, which was one of the key outcomes of the overall project. Members of our team included, the municipality, mental health and addictions, and seniors from local clubs.

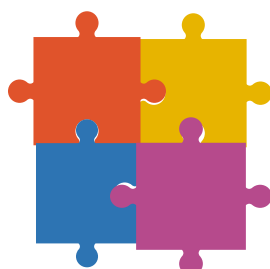
- The planning team was involved in choosing the theme, arranging and setting up the venue, developing the budget and outline for the event, arranging for speakers and presenters, and arranging the catering and technical requirements. They also helped with promotions and social media, arranging transportation if needed, getting sponsorship, grants and door prizes., arranging for volunteers for the day registration for the day and evaluation.

- Deciding on a theme was important to frame the day. We chose to stick with the overall theme of Mind, Body and Spirit, and since we wanted to offer this as a gift, at no cost to participants, with a lovely lunch provided, we chose Feeding the Soul and built all the promotional materials around that theme.

- The date you choose is very important to ensure maximum participation. You will want to consider if there is anything else going on in the community that will compete with the interests of the older adults. We decided to host ours during Mental Health Week, so we could also use this as an opportunity to create some interest in the issue overall through social media and other media approaches.



- There are many pieces to the puzzle for event planning that involve oversight and logistics. Some resources are available in the resource section.



- Registration is always a big part of the planning for an event, fortunately there are now several free websites that can make that easier.



- Keep in mind that when working with older adults, many not use the computer or have access to the internet so you will always want to ensure you also have a paper copy available to distribute to places you know that seniors frequent.


- Ensuring that all organizations and people have been thanked for their support, all items returned and the planning committee has a debrief meeting is an important step in event planning to wrap up final details.

- An evaluation of the event will provide you will valuable information to bring forward for future planning. Again, like registration, there are free websites to assist when sending out an evaluation post the event, but you will always want to ensure an option for a paper copy is available as well. One thing to keep in mind is the response is always higher when completed at the event and collected. A tip is to attach a prize for all evaluations handed in and give each person a ticket and have a random draw.



Conference Agenda

Welcome to
MIND-BODY-SPIRIT: FEEDING THE SOUL
 2018 RICHMOND COUNTY SENIORS CONFERENCE
Hostess: Celeste Gotell



Appetizers

9:00 - 9:20 OPENING REMARKS

- * Hon. Randy Delony, NS Minister of Health and Wellness
- * Alana Paon, MLA for Cape Breton-Richmond
- * Warden Brian Marchand, Municipality of the County of Richmond
- * Dr. Dorothy Bernard, Chair for Dr. Kingston Memorial Community Health Centre

9:20 - 10:00 KEYNOTE SPEAKER

- * Pam Mood - Mind over Matter: Wishing it were that simple

10:00 - 10:15 BREAK

10:15 - 11:00 CONNECTING THE DOTS

- * Jean MacQueen - Brain health as we age

Main Courses

11:00 - 11:45 MORNING WORKSHOPS

- * Rm #1 - NOW WHAT! Coping with chronic illness (Jenna MacQueen, facilitator)
- * Rm #2 - A YOGA JOURNEY (Helen Slade, facilitator)
- * Rm #3 - ADJUSTING TO CHANGE (Michele MacPhee, facilitator)
- * Rm #4 - YOU ARE WHAT YOU EAT (Shelley LeBlanc & Yvonne Boudreau, facilitators)
- * Rm #5 - ART OF FRIENDSHIP (Dawn Ostrem, facilitator)
- * Rm #6 - PAMPERING TIME (Volunteers)

12:00 - 1:00 LUNCH

- * Provided by Louise Cozy Corner

1:00 - 1:45 AFTERNOON WORKSHOPS

- * Rm #1 - NOW WHAT! Coping with chronic illness (Jenna MacQueen, facilitator)

- * Rm #2 - A YOGA JOURNEY (Helen Slade, facilitator)
- * Rm #3 - ADJUSTING TO CHANGE (Michele MacPhee, facilitator)
- * Rm #4 - YOU ARE WHAT YOU EAT (Shelley LeBlanc & Yvonne Boudreau, facilitators)
- * Rm #5 - ART OF FRIENDSHIP (Dawn Ostrem, facilitator)
- * Rm #6 - PAMPERING TIME (Volunteers)
- * Gymnasium - WHAT IS PICKLEBALL! (Cynthia Fougere, facilitator)

1:45 - 2:30 REVOLVING CONVERSATION

- * Time to reconnect and talk about the day

2:30 - 2:45 BREAK


Desserts

2:45 - 3:05 SENIOR MOMENTS THEATRE

3:05 - 3:15 CLOSING

SPECIAL THANKS TO:

* Ultramar Port Hawkesbury	* Brent's Autobody
* Premium Seafoods	* China King Restaurant
* Dooley's Pharmacy	* Fleur de Lis Restaurant
* Martell's Pharmachoice	* County Kitchen Hearshstone Restaurant
* Jen's Massage	* Greenhouse Co-op Ltd.
* Seal Cove Restaurant	* La Goelette a Pépé
* Green Light Restaurant	
* Cottage Bakery	



Keynote Speaker Pam Mood

Pam Mood comes to us from the beautiful seaside town of Yarmouth. She is CEO of Pam Mood Consulting and speaks internationally on topics including leadership, wellness and more. Pam is the mother of three grown children, has a political science degree from Acadia University, is presently serving her second term as Mayor of Yarmouth and loves nothing more than a good conversation, a hearty laugh and an action plan come to life.

MC Celeste Gotell

Celeste Gotell is formerly from Arichat and currently lives in Antigonish. Her work areas include mental health, gambling addiction, Alzheimer's disease, family support and public health. Celeste was involved in developing the Seniors Take Action Coalition for Richmond County and the Strait area.

Facilitators Yvonne Boudreau & Shelley LeBlanc - You are What you Eat

Yvonne Boudreau is the municipal clerk for the Municipality of the County of Richmond. She is an avid health enthusiast with a passion for cooking and the connection between diet and mental health. Shelley LeBlanc is a dietitian in the Strait-Richmond area. She provides nutrition education based on community needs.

Facilitator Jean MacQueen - Connecting the Dots

Jean MacQueen has been a health promotion advisor for Mental Health and Addictions, Nova Scotia Health Authority, since 2011. Her previous work includes the AIDS Coalition of Cape Breton, Cape Breton Wellness Centre at CBU and Public Health Services. Jean and her family live in Dutch Brook, N.S.

Facilitator Jenna MacQueen - Now What? Coping with Chronic Illness

Jenna MacQueen is a health promotion specialist for Mental Health and Addictions, Nova Scotia Health Authority. She holds degrees in psychology and health promotion. Jean has worked previously as an educational coordinator with the N.S. Arthritis Society and currently lives with her family in Sydney, N.S.

Facilitator Michele MacPhee - Adjusting to Change

Michele MacPhee works as part of a collaborative team at the Dr. Kingston Memorial Community Health Centre as the Senior's Safety & Social Inclusion Coordinator. Michele shares her love of the natural world, yoga, beekeeping and puns with her family at their home in St. Peter's, N.S.

Facilitator Helen Slade - A Yoga Journey

Helen Slade grew up in England before moving to Canada. At the age of 53 she discovered yoga as a way to cultivate a sense of self-awareness and calm. Since becoming a yoga teacher she has inspired countless students and helped lead the Richmond County yoga movement. Helen lives in River Bourgeois.

Facilitator Dawn Ostrem - Art of Friendship

Dawn Ostrem is the project coordinator for the MIND-BODY-SPIRIT project. She has a background in journalism, adult education and community development. Dawn has a passion for using arts-based storytelling to inspire social action and document participatory research.

Facilitator Cynthia Fougere - What is Pickleball?

Cynthia Fougere is a long-time athlete and active living enthusiast from Sumpsonville. She was an all-star softball player in Richmond County and has been organizing pickleball in St. Peter's for the last four years.



Mind, Body, and Spirit Telile Series

Telile is a community television station located in Richmond County, which has been part of the fabric of the community since 1994.

It is one of nine not-for-profit, community owned stations across Canada. We are very fortunate to have this asset in our community



and wanted to find a way to involve them in the project. Many seniors in Richmond County are loyal Telile viewers and we wanted to ensure that certain components of the Mind, Body and Spirit programming was accessible to people from their home. Recognizing that some seniors may find it challenging to participate in person in programs due to health reasons, or limited travel options in a very rural area, it was important that some programs were brought into their homes.

Visit their website: <https://www.telile.tv>



The entire series is available for viewing on You Tube Telile, see resource section section in Chapter Six.

Richmond County had a resource that was available, but, in other communities, similar programming can be done be recorded and aired on alternate sites like, Facebook or You Tube. In some communities, local high schools or community colleges have media programs that might be able to assist with a smaller scale version of a project.

COVID-19 has created many innovative approaches in communities by many organizations serving seniors to offer pre-recorded or live programming. Local radio stations might be approached to offer regular programming. Regular webcasts or Facebook live options can also be explored.

MIND-BODY-SPIRIT TELEVISION SERIES

Starts NOV 26 @ 730 pm

Telile
Community
Television



Week #1 (starts NOV 26th): MIND - The health effects of life-long learning
Week #2 (starts DEC 3rd): BODY - Emotional health and your body
Week #3 (starts DEC 10th): SPIRIT - The spiritual part of health

Weekly Format:

MONDAYS: Panel discussion

TUESDAYS: Instructional Programming

WEDNESDAYS: Documentary Storytelling

THURSDAYS: Instructional Programming

FRIDAYS: Various Programming

Tune in everyday at 730 pm

WEEK #1 – (MIND)

THE HEALTH EFFECTS OF LIFE-LONG LEARNING

Research shows that adult learning has a positive effect on well-being. It improves our belief that we can succeed, boosting confidence. It also increases our ability to create support networks. There is a correlation between increased wages and employability for younger seniors and participation in learning leads to better mental health.

Week one featured stories about seniors' learning journeys and explore different kinds of learning that seniors can do from home or with friends.

WEEK #2 – (BODY) EMOTIONAL HEALTH AND YOUR BODY

Research shows that good physical health affects mental health and vice versa. Older adults experience unique physical, psychological and social changes that individually and together may challenge their mental health, sometimes resulting in mental illness. Physical changes and chronic health conditions can have substantial impact on the psychological and social well-being of older adults.

The mental health foundation of the UK says depression has been linked to:

- A 67% increase in risk of death from heart disease.
- And a 50% increase in risk of death from cancer.

To learn more about the relationship between both types of health week two featured stories from local seniors and introduce the unique physical activities in our community and learn more about mental health and connection to healthy food.

WEEK #3 – THE SPIRITUAL PART OF HEALTH

There are enormous psychological and physical benefits for seniors who practice spirituality in their lives. Research refers to spirituality as a meaning-making practice – which means it helps to give people a sense of purpose. It can include religion or other spiritual practices as well as a sense of purpose around family or work. While our sense of purpose is often very personal, it can often be seen among our chosen social groups.

Week three looked at health by hearing stories about social connections, personal reflections and that sense of purpose. It featured stories about finding social connections that align with what feeds our spiritual health.

Normalizing Conversation and Reducing Stigma

Using social media

How social media can help getting your message out....

One of the most important ways to change attitudes and reduce stigma is to normalize the conversations we have about issues of mental health, addiction and social isolation among seniors.

One of the main components of this project was to create opportunities to talk about these issues in a way that would help to change views, shift attitudes and build a community where it was safe to talk about these issues in a very public way.



We wanted to encourage all community members to recognize they have a role to play in supporting the seniors in our communities to ask for help when needed. We wanted to encourage people to get involved in ways that they could support seniors. We wanted to let seniors know it was okay to acknowledge that at times they may struggle with life events that can impact their overall mental health and wellness. We wanted to let them know that this was not a sign of weakness or there was no reason to feel shame.

In rural communities, where often there is a higher population of seniors, so we had to find creative ways to get the message out there. Social media became a big part of the approach we took to spread messages about many different components of the overall project. We used Facebook to promote the various programs, but also to share information and knowledge about mental health, addictions and social isolation.

The overall objective again was to normalize the conversations, to build increased knowledge and understanding about the many ways that seniors may be impacted and the many ways we can work together in a compassionate way to wrap our arms around older adults in our communities.



While there are a number of social media platforms such as Twitter, Instagram and Facebook, we used Facebook as it the one most commonly used by older adults.

We relied on several FaceBook pages and groups that already were in existence to post information on a regular basis. Posts were shared from several other sources like articles featuring relevant information, tools and resources to credible sites like those listed in the resource section, all programs were promoted using these Facebook pages and groups.

Some of the important things to remember with using social media, is that you need to post regularly if you want to keep people interested and returning to your page. You need to remember that not everyone uses platforms like Facebook or even have computers, so you need to all consider other ways to get information out in circulation as well. Messages need to be short and impactful. You need to ensure links are accurate. You need to consider copyright issues.




Examples of posts from Facebook

 **Celeste Gotell** ▶ Seniors Take Action Coalition

May 5, 2018 · "Loneliness is the greatest poverty" — and can be more harmful for our health than a lifetime of smoking or obesity. <https://www.forbes.com/sites/sachinjain/2018/04/30/all-...>

Upstream's post
"Loneliness is the greatest poverty" — and can be more harmful for our health than a lifetime of smoking or obesity....



 **Dawn Ostrem** ▶ Seniors Take Action Coalition

Apr 26, 2018 · One of the workshops being offered at the MBS Seniors Conference in Louisdale on May 12: WHAT IS PICKLEBALL?: Spend some time in the gymnasium to learn abo...

youtube.com
Pickleball keeps seniors in shape



👍 Michele MP and 1 other

2 Comments

 **Celeste Gotell** shared a link.
Admin · May 8, 2018

Mental Health Week is May 7-13, 2018

A perfect time to learn more about caring for your mental health and the connection between our physical and mental health. Hear from Pam Mood, our keynote speaker, participate in a couple of workshops, enjoy nice lunch and be in the company of others in your community.

Why don't you consider joining us on May 12 the Mind Body Spirit Senior's Conference in Louisdale. You need to register in advance.


Click here <https://form.jotform.com/80984327192262> or call 902-587-2800 to register

FORM.JOTFORM.COM

MIND-BODY-SPIRIT Conference Registration Form




Examples of posts from various community groups on Facebook

 **Dr. Kingston Memorial Community Health Centre**
720 like this · Social Service

Sep 10, 2018 · 🌐 · The Mind Body Spirit project set up programs to bring seniors out of isolation and included a volunteer visitor program, dinners, music and technology initiatives. – cbc.ca


cbc.ca
Program to ease loneliness for Richmond County seniors wraps up | CBC News



👍 3

 **Debbie Samson** ▶ Fleur de Lis Seniors

Apr 9, 2018 · 🌐 · ...a short planning meeting for "Around the Dinner Table" to take place at the parish hall, May 15. Anyone interested in being a host for a table of 8 are welcome to attend...even if you just want information, join us.

 **Richmond County, NS**
2K like this · Government Organization

Sep 12, 2018 · 🌐 · ...security workshop geared toward low-income seniors and those who want to make stronger social connections. It is also open to those who would like to continue...

Dawn Ostrem's post
Another MIND-BODY-SPIRIT workshop coming up this fall. This is a food preservation for food security workshop geared toward low-income seniors an...



1 Share

Engaging Your Local Media

Understanding how your local media works – and developing strong working relationships with them will go a long way in helping to promote your programs. To get the maximum impact for your efforts requires planning.

Thinking about the following questions will help you figure out the best media outlet to use to reach your target audience.

- Why you want to communicate?
- What is the message you want to communicate?
- Who you are trying to reach?



Please keep in mind that when communicating with seniors, many still like to read their daily or weekly newspapers, also many enjoy listening to the radio.

Working with the media requires an understanding of how the media works and how to write for them. For example, if sending out a public service announcement or press release that is connected to an event and has a date associated with it, timing can be crucial.

Certain media outlets have different deadlines, best to find out what they are. Also important to know if they have a certain format they like to receive public service announcements and media releases.

Many local newspaper and radio stations often have community calendars as well and information can be submitted online at no cost.

If sending out a press release, keep in mind that you will have little control over what is actually printed or aired, so it is important to always include the most important information. This is one of the reasons it is always great to follow up with your contacts to ensure they received it and engage them in discussion. The importance of these relationships will ensure better coverage.

If you want to engage people and generate some enthusiasm and interest in your project, local radio is often a great way of connecting with the local community. An interview can be more personal and allows you an opportunity to show enthusiasm and possibly even have people call in and answer questions if the show format allows for that. Additionally, CBC in some communities have local community contacts, and they can be a great support.

With our project, we were lucky to have community television station, so we partnered with them to develop a series, but if you have a great project that you think it would be a great local story, you can always reach out and pitch for a television segment.

Examples from the project

OCTOBER 4, 2017 | THE REPORTER

25

Improving the well-being of seniors

L'ARDOISE: The Mind-Body-Spirit (MBS) Project is starting to deliver programs in Strait-Richmond area communities during Mental Illness Awareness Week.

The MBS Project is delivering a Mental Health First Aid (MHFA) course at no fee to participants at the Dr. Kingston Memorial Community Health Centre in L'Ardoise on October 4-5.

"I am participating in this training because I think it's important to make use of the resources that are out there," said Tiffany Doo, a participant signed up for the upcoming course. "It's important for community volunteers to be aware of future programming resources in the Strait-Richmond area as they become available."

Another MHFA course will be open to community members on November 9-10 in St. Peter's.

"This is the first step in getting people in our area knowledgeable and comfortable with addressing mental health concerns," said MBS project coordinator Dawn Ostrem. "We are using community development principles, meaning we find participants who have an interest and support them to bridge that knowledge and passion for helping seniors in their own groups and communities."

The first phase of the MBS project involves developing community partners to help with the delivery of future programming related to mental health and addiction among seniors. As people get older, they are more susceptible to factors,

such as loneliness and decreased mobility, that may contribute to these issues. More than 1.8 million people over 60 years of age were living with a mental health problem or illness in Canada in 2016, according to the Mental Health Commission of Canada.

Most MBS programming will roll out this spring. Early programming, such as MHFA, will help prepare community members to take part in operating future programming. Another initiative in development is the Wellness Initiative for Seniors Education, an evidence-based program that deals with substance abuse prevention and overall wellness.

A unique new program that directly affects target seniors right now - Connecting Seniors Through Technology - is taking place this fall. The initiative

enables seniors to be better connected with their family, friends and community through the use of technology. This program is being delivered by the Richmond County Library Network, a key partner in the MBS Project.

"Technology can play an important role in breaking social isolation," says Millie Hatt, RCLN's Network Coordinator.

"We are very excited to be offering a program that will benefit seniors in our communities and will involve working collaboratively with many community partners to recruit and support those seniors chosen to participate."

The MBS Project is a year-long initiative funded by the Municipality of the County of Richmond and the provincial Department of Health and Wellness.

Nova Scotia

Program to ease loneliness for Richmond County seniors wraps up

Facebook, Twitter, LinkedIn

One man, 94, now uses FaceTime from his nursing home to keep in touch with his son who lives away

By Pamela LeBlanc-Smith, CBC News
Posted: Sep 04, 2016 5:13 PM AT | Last Updated: September 4, 2018



Nearly 30 per cent of Richmond County's residents are older than 65. (Martin Hestner/Associated Press)

A yearlong project to ease loneliness and depression for Nova Scotia seniors in Richmond County wraps up this fall.

Seniors' conference focusing on mental health coming to Richmond Co. Saturday

Port Hawkesbury, NS, Canada / 101.5 The Hawk
May 11, 2018 2:35 PM



A seniors' conference on mental health takes place in Richmond Co. Saturday.

Dawn Ostrem, Mind-Body-Spirit coordinator, says they're hosting "Feeding the Soul" to raise awareness of mental health week.

Ostrem told The Hawk Morning Show "Feeding the Soul" will focus on some important issues.

"Its main purpose is to address building social connections among seniors in our region," she said. "That is proven to be one of the best ways to address mental health and addiction issues."

Ostrem says mental health issues aren't necessarily something you can see, but they affect everyone.

"We all look at our physical health: 'Do you have a cold today? How are you doing?', but everybody's got mental health as well," she said. "You don't necessarily need to have a mental health issue to be part of this conference; this is about maintaining everyday mental health - some days are better than others for everybody."

Ostrem said the conference features a number of mental health workshops, including adjusting to change, coping with illness, and you are what you eat.

It runs from 9 a.m. to 3:30 p.m. at Richmond Education Centre/Academy in Louisdale.

Facebook, Twitter, LinkedIn

the Reporter
THE STRAIT AREA NEWS

Residents certified in Music Care

L'ARDOISE: Twenty-one people are now certified in using the power of music to help care for others in the Strait area.

Music Care Level 1 was provided by Toronto-based Room 217 Foundation in Louisdale on April 16-17.

Music care - different from music therapy - is an approach to caring for the sick and/or elderly that uses music to promote healing. Training shows caregivers how to use music to improve quality of life. Ultimately the culture of care changes from a largely clinical one - which is often hurried and stressful - to a setting that is more relaxed, supportive and stimulating.

The music care students included community volunteers, musicians, family members and professionals who work in caregiving. Sheila Foggie is a retired registered nurse, with multiple sclerosis, who lives with her 77-year-old sister in a remote area of Richmond County.

"I found the workshop invaluable. The energy in the room was amazing," she said. "Resources in the Richmond County area could be improved upon and a grassroots organization can take that further for the benefit of people, not only in my case, but many others, such as in palliative care."

The recent training was done through the MIND-BODY-SPIRIT (MBS) Project, which focuses on improving seniors' mental health and building social connections. The \$120,000 grant is administered by the Dr. Kingston Memorial Community Health Centre (KMCHC) and funded by Nova Scotia Department of Health and Wellness and the Municipality of the County of Richmond.

While Level 1 certification through the Room 217 Foundation would cost each student about \$300, last week's training was free to students who submitted applications. It is part of the MBS priority of building a framework for community-based, volunteer-led programming.

"The idea is to spread knowledge about how to use music care so this cost-effective and proven method grows," said MBS project coordinator Dawn Ostrem.

"These 21 people are now music care providers who can use it through day-to-day interactions with people, as well as through larger projects or initiatives from a community base, rather than relying only on government programs and services."

Ostrem explains this knowledge will help build a community-based social safety net for seniors. The area has one of the highest senior populations in Canada.

"This area is already in a crisis situation when it comes to the effects of an aging global population," she said.

"Things like social security, access to family doctors, and government funding to provide other services no longer exist the way they once did. We have to do something different."

A Facebook page called Richmond County Music Care has been created by the group who attended training in order to share what they have learned.

The overall goal of the MBS project is keeping vulnerable seniors socially engaged for better overall health, and mutually reinforcing collaboration between supporting organizations.

Don't Forget to ask Partners and Supporters to Spread your Message

In all communities there are organizations and businesses who are happy to support community initiatives and help to get the word out.

In addition to using local media and social media, we relied on our many partners and supporters to help promote our various training opportunities, and programs offered.

Check with the seniors clubs in the area as they often have their own member email distribution list and are happy to share information when asked to help spread the message.

Local businesses are often happy to display posters on a bulletin board.

Local libraries are always great to have information available for pick up.

Our local municipality produces a quarterly newsletter and they featured something about the project in each publication.

[Click here to check out Richmond Reflections.](#)

Partners like Richmond County Literacy Network and other service providers would also share information through their networks.

The [Kingston Community Health Centre](#) featured articles in their newsletter and on the website.

RICHMOND COUNTY

Mind-Body-Spirit Update

MIND-BODY-SPIRIT Project for seniors going strong in Richmond County

THE PROJECT

The overall goal of the MIND-BODY-SPIRIT Project (MBSP) is to improve the mental health and quality of life for seniors in the Strait-Richmond area. The programs being developed will address key areas of mental health and well-being, with an emphasis on the important connections between social relationships and feelings of inclusion within community that lead to better health outcomes. The MBSP project is administered by the Dr. Kingston Memorial Community Health Centre (DKMCHC) and is funded by Nova Scotia Department of Health and Wellness and the Municipality of the County of Richmond.

UPDATE

- An MBSP Advisory Committee has been put in place to advise and provide feedback to the project team. Members help to identify opportunities, promote partnerships and champion the goals and activities of the MBSP Project.
 - Healthy Partner (Dr. Kingston Memorial Community Health Centre)
 - Colony Care (MBS Project, Advisor)
 - Senior Support (St. John's Community and Nursing Care Centre)
 - Wendy Larsson (Riverview Health Centre)
 - Lynn Langille (Royal Health, Nutrition)
 - Terina MacNeil (Adult Education, Community Development)
 - Dawn O'Brien (MBS Project Coordinator)
- The Connecting Seniors Through Technology program is now underway. The program is for seniors to learn iPad skills in order to stay connected with family and friends via social media or other digital platforms. It is being facilitated through the Richmond County Library Network and has 15 participants registered.
- In October and November two training sessions in Mental Health First Aid (MHFA) were offered to 30 community members in the Strait-Richmond area. Participants now have an increased awareness of signs and symptoms of common mental health issues and confidence interacting with individuals experiencing a mental health problem or crisis.
- Members of the project team, Dawn O'Brien and Michele MacPhee, participated in facilitator training with the Canadian Mental Health Association (CMHA) on November 27 & 28, 2017. These programs will soon be available.
 - Focus on Health - Optimal Aging is an evidence-based curriculum that outlines key actions to age healthily and happily.
 - The Art of Friendship is a particularly helpful course for creating social connectivity, in communities and offering peer support with an emphasis on maintaining good mental health.
 - The Art of Friendship encourages social connectivity within a group setting that focuses more specifically on using a social network to support those facing mental health struggles.
- Several pilot sessions of the Around the Dinner Table program (booking trials) are being organized. This program will provide an opportunity for seniors to connect socially through conversations associated with the nurturing aspects of food.
- Work is underway to develop a Friendly Visit Program. The purpose of the program is to provide friendship to seniors who would benefit from social connections through meaningful one-to-one relationships with community volunteers.
- Dates have been set for Music Care training in the Strait-Richmond area (April 16 & 17, 2018). This two-day course will provide participants knowledge about the positive and adaptive power of music in care. It will be available to health care providers as well as interested community members. More information on how to apply will be available in the near future.

To stay up to date on all these programs, as well as others provided by the DKMCHC, please visit the DKMCHC home page, go to community programs and sign up to be put on our contact list. Or get in touch with project coordinator Dawn O'Brien at mindbodyspirit@dkmchc.org

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Health Centre Herald

Dr. Kingston Memorial Community Health Centre December, 2018

Unique approach to getting seniors Around the Dinner Table a success in Richmond County

A new program called Around the Dinner Table is showing great success in addressing social isolation among seniors and building up strong social connections in Richmond County.

Twenty-two people hosted more than 100 guests at a community dinner in Lunenburg, N.S. on Dec. 3, 2018. The community dinner was set up with 11 tables and two bars. Hosts invited guests they wanted to bring together to socialize. Each host was responsible for preparing the meal earlier in the day and transporting for their guests. Doing the dinner a loosely-structured story circle was done in order to promote meaningful conversation at each table – in this case Christmas traditions.

"It was a wonderful, well-organized event with a beautiful meal and great company," dinner guest Lorraine Brind. "It was so good to see all the stories of Christmas at the table. A thoroughly enjoyable evening!"

Timber Sweeney led organizing the event in association with the Dinner de la Lunenburg French trial.

Seniors say the Around the Dinner Table program is a way of putting thought into gathering socially among supportive people to share experiences and stories. And as communities change, the ability for people to reach out to one another, community members and taken care of is becoming more difficult.

"The focus of this event was just that," she said. "It was encouraging to see all the seniors arrive and I got up with the warm welcome, a great meal as well as engaging in rich and interesting conversation on past and present Christmas traditions. Many were asking, as they were leaving, when the next event would be – a great testimony to the meaning of this event and the need for social inclusion."

The Around the Dinner Table concept was created under a grant administered by the Dr. Kingston Memorial Community Health Centre (DKMCHC) called the MIND-BODY-SPIRIT project, funded by the Nova Scotia Department of Health and Wellness and the Municipality of the County of Richmond.

Seniors took the original idea and tweaked it in a way that suited the community of Lunenburg as a pilot project in May 2018. People enjoyed and the event provided them with companionship and fellowship.

Seniors note that during the next preparation phase also are a bonding experience.

Social isolation among seniors has been linked to adverse health effects comparable to smoking. Richmond County has one of the highest populations of seniors in Canada.

As the program develops it is hoped that participants from all Richmond County communities will take part. For more information about how community groups can use the Around the Dinner Table program please email info@aroundthedinnertable.com or call the DKMCHC at 902-447-2800.

Healthy People Healthy Communities

Chapter Four

Innovative and Creative Approaches

Innovative, creative approaches are used to ensure sustainability and contribute to the mental well-being of seniors.



Around the Dinner Table

The *Around the Dinner Table* program is designed to create spaces for seniors at risk of social isolation to take part in meaningful conversation in a safe space, and enjoy a good meal at the same time.

The program guide (see in reference section) can be adapted but the concept of the story circle and its facilitation guidelines are important to ensuring respect for each guest's voice and perspective, an important part of creating an environment of emotional acceptance.



Want to learn more, check out the video on Youtube <https://youtu.be/B6OE--vIMRw>



AROUND THE DINNER TABLE Program





INVITATION

We would like to ask your organization to take part in a MIND-BODY-SPIRIT Project pilot session for the *Around the Dinner Table* program. For more information please contact project coordinator Dawn Ostrem at mindbodyspiritc.dkrnchc@gmail.com or call 903-653-5890

"As a host, I learned a lot about the importance of reaching out to seniors who are isolated and the effect it can have on one's mental health."

"The table is one of the most intimate places in our lives.
 It is there that we give ourselves to one another. When we say, "Take some more, let me serve you another plate, let me pour you another glass, don't be shy, enjoy it," we say a lot more than words express. We invite our friends to become part of our lives. We want them to be nurtured by the same food and drink that nurture us. We desire communion. Every breakfast, lunch, or dinner can become a time of growing communication with one another."
 —Henri Nouwen, *Bread For The Journey*

Friendly Visitor Program

Communities help to reduce social isolation through Seniors Friendly Visitors Programs

Older adults are at increased risk for loneliness and social isolation because they are more likely to live alone, may be dealing with health issues or a chronic illness, or may have experienced loss of a loved one, family and friends. Socially isolated seniors are more at risk of negative health behaviours including drinking, smoking, being sedentary and not eating well; have a higher likelihood of falls; and, have a four-to-five times greater risk of hospitalization.

Typically, these program are designed to support isolated seniors who can benefit from a visit from a volunteer who has been provided with training and are asked to commit to a number of hours per week to visit a senior. The commitment is often only

1- 2 hours per week and at their mutual convenience and location. Visits can occur in the seniors' home or for example, a trip to a local coffee shop or time spent sharing activities, playing cards, taking walks, doing crafts; or most often, just enjoying a pleasant conversation

Seniors are often referred to the program from different service providers in the community. The program matches those who are isolated with a volunteer who will visit regularly to provide companionship and conversation.

Quotes from Participants

"It has inspired me to begin trying my own recipes and using more healthy produce."

"I will use what I have learned to make my life easier as I loved participating in this workshop and learning."



The purpose of our Friendly Visitor program was to provide friendship and companionship to seniors in the Strait-Richmond area who would benefit from stronger social connections. The program was designed to provide friendship and companionship to those at risk of feeling socially isolated in our communities by helping to match visitors with seniors. While these kinds of relationships tend to take place naturally in small communities, where people look out for one another, social isolation can sometimes be hard to see.

The program was also designed to provide caregivers with breaks, to increase intergenerational relationships and support seniors with tasks if applicable. For example, during weekly visits arranged at a mutually agreed upon time, visitors might chat, play games or go out for coffee. Younger volunteers may show their friend's items of interest on the Internet or teach new digital skills. Depending on the interests of both parties, people may cook together, hang pictures, sew, or repair a household item.

The following goals were identified:

- Provide seniors at risk of becoming socially isolated with meaningful one-to-one relationships with volunteers.
- Provide seniors with moments of happiness in the present, and something to look forward to in the immediate future.
- Decrease seniors' social isolation thereby increasing their quality of life.
- Provide an enriching experience for Friendly Visitor volunteers, as well as the seniors they visit.

The Friendly Visitor program was offered as a pilot program as part of the Mind Body and Spirit project, with only a few volunteers initially so we could then assess any adjustments and improvements that would be needed. Unfortunately, it was determined that we did not have the required resources and staff capacity to continue. Offering a program such as this requires recruitment and coordinating volunteers, providing training and matching them with seniors. In addition, locating seniors that wanted to have a visitor also requires some effort. Especially seniors that are often social isolated or not wanting to share they might benefit from a volunteer visitor and companionship.

Several communities are offering warm telephone lines and in other communities throughout Nova Scotia the seniors' safety coordinator offer a version of this when they work with older adults in their communities. In some communities, local churches provide outreach and many seniors clubs do the same on a more informal basis.

Food Preservation/Food Security

The Connection Between Food Security and Mental Health Outcomes in Seniors

Food insecurity is the lack of consistent access to enough food for an active, healthy life and is a serious and growing problem among the older adult population. Food insecurity is also often linked to chronic disease such as diabetes, heart disease, and can contribute to or worsen mental health issues like depression and anxiety.

Food insecurity in seniors is often hidden and is often further complicated by social isolation, physical and mental challenges, lack of transportation as well as limited financial resources. Within Richmond County, transportation and access to healthy, affordable, safe and fresh produce are often significant challenges. Many seniors do not live within walking distance of a grocery store and when living alone or dealing with health issues, may not be inclined to prepare meals for themselves.

As part of the Mind, Body, And Spirit Project we wanted to emphasize the importance of food security and its' connection to mental health and offer an opportunity for seniors to come together, learn and share their knowledge.

Quotes from Participants

"It has inspired me to begin trying my own recipes and using more healthy produce."

"I will use what I have learned to make my life easier an I loved participating in this workshop and learning."

FOOD PRESERVATION WORKSHOPS FOR SENIORS



As part of the MIND-BODY/SPIRIT Project for seniors, 3 sessions (9-4pm) will be held in 3 communities:

- OCT 25 - L'Ardoise (Kingston Community Health Centre)
- OCT 26 - River Bourgeois (Tara Lynn Community Centre)
- OCT 27 - D'Escousse (D'Escousse Community Hall)

AM Session: FERMENTATION

Learn to preserve food the old-fashioned way when crocks of real sauerkraut and cucumber pickles provided the healthy benefits of fermented foods. Supplies and foods provided.

PM Session: GARBAGE PAIL ROOT CELLAR

Learn to build a small root cellar to store food at no expense. Supplies provided.

TO REGISTER

Call 902-587-2800

or email: mindbodyspiritpc.dkmchc@gmail.com



Food Preservation/Food Security

The one day session included a session on fall food preservation using lacto-fermentation, an age-old process of storing vegetables (either grown or purchased on sale) for long periods of time. Fermentation is a safe and healthy way to store food products and the process is much simpler, and less expensive, than canning or pickling.

The afternoon session included the creation of a garbage pail root cellar to store foods over the winter. Some low-income seniors in Richmond County own and live on their own properties. Many have some land and the ability to grow, preserve and store food.

Reaching out to local farmers and older adults that have knowledge and experience to share about food preservation are great partners in offering these types of sessions. In some communities, the local municipality also offers programs such as this.



Seniors Connecting Through Technology

Older adults are embracing technology more than ever. Many are purchasing or being gifted laptops, smart phones and tablets and have great plans to use them. Many are eager to learn, but still lack the confidence about using them. Low technology literacy, including lack of familiarity with tech terminology, does not have to be a barrier to the seniors' adoption of new technology.



There may already be similar programs being offered in your community. Connecting older adults through technology is an important step to help reduce social isolation. While it was the local literacy organization that partnered during this project, other opportunities may be available with local high schools, youth groups, or community colleges with students who have knowledge to share in technology. Local businesses may be able to assist with donating older lap tops or cell phones.



Nursing homes in communities have also been offering this type of program for their residents.

Older adults often need more encouragement to learn about and use technologies that could enhance their quality of life.

For some older adults, the possible use of technology is a foreign concept. For some, barriers include lack of accessibility to technology use due to inadequate Internet service, financial restraints, or lack of confidence in their own ability to use technology. Therefore, increasing their capacity to adopt and use technologies is important as are technologies that are user-friendly and accessible.

One of the initiatives of the project was a partnership with the **Richmond County Literacy Network** to offer a program called **Seniors Connecting through Technology**.

Richmond County Literacy Network

Richmond County Literacy network was a perfect partner to offer this program. As an organization, they already provided computer training as one of their core programs and also had experience working with older adults.



Through a partnership agreement funds were provided directly to the Literacy Network to develop a program, purchase iPads and offer both one-on-one and group training over a series of weeks to 31 participants.

6 from local nursing home and seniors housing.

25 members from the community.

17 required connectivity, which was provided for one year free of charge.

27 were provided with iPads and one with a laptop.

Where to look in your community

You may find there are already programs like this in your community, but if you wish to get one going, your local Literacy organization, would be a great resource. This program is also well suited for an intergenerational project with a local high school, or community college that offers computer science that matches students with older adults.

Local libraries are often a great resource as well, some offering similar programs.



Quotes from Participants

"The iPad is my new best friend. Being connected has given me hope."

"Because of the iPad I am now interacting with my neighbours more and the outside world."

"I dreaded getting out of bed in the morning, now I can FaceTime my daughter every day."

"The program has made it easier for me to stay in touch with my grandchildren."

"I am using FaceTime to call my son and grandchildren."

"It gave me a chance to get out of my depression and took a lot of my problems away."

If you would like to hear more about this program, watch [the video on YouTube](#).

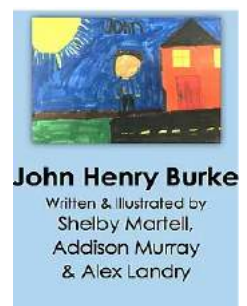
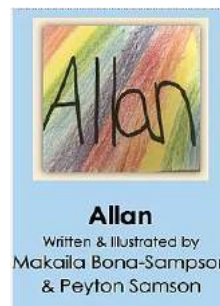
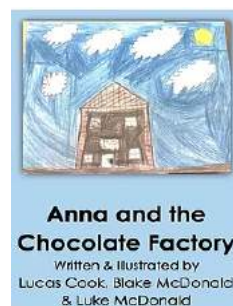
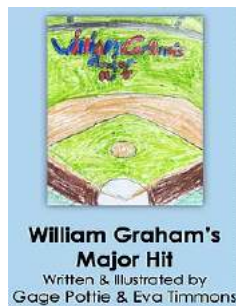


Villa Vignettes

"Stories shared with our seniors are treasures to be heard, nourished and celebrated."

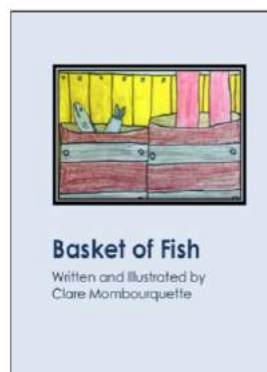
Storytelling is an age-old tradition around the world. It is a way for family members and communities to let older adults know that their lives are important. When people gather to create or to listen to the stories of someone's life, we are honouring their life and letting them know they matter.

Story telling is particularly helpful when older adults are facing memory challenges or dementia, because often stories of their past are still in tact. One of the most rewarding benefits of shared storytelling for seniors is the chance to connect on a deeper level over topics the senior may still find easy and comforting.



There are many ways to capture the stories of the elders in your community, stories can be gathered by sitting and chatting, using music, photos, and videos.

VILLA VIGNETTES SHOWCASE - MAY 21, 12-1 PM



Join Richmond Education Centre/Academy students and Richmond Villa residents for a special showcase on Tuesday, May 21, 2019.

Students will present the published *Villa Vignettes* based on stories told to them by Richmond Villa residents.

Students will do readings and all books will be on display.

- TUESDAY, MAY 21
- 12-1 PM
- RICHMOND VILLA, ST. PETER'S

Villa Vignettes

Villa Vignettes was an intergenerational project involving residents at a local nursing home and two schools in the community. Villa Vignettes involved three planned visits between grade 5 and 10 students and seniors to collect information to create storybooks based on the childhood memories. Following the visits, the stories were written and illustrated by the students. Grade ten students developed their leadership skills by mentoring grade five students, and together, they made connections within their community while making a difference in the lives of some seniors in the community by preserving their stories. Teachers worked in partnership with the recreation programmer at the nursing home to make arrangements for the visits and other arrangements.

The project benefited the youth by building interpersonal skills through interactions with people outside their age groups and social circles. Seniors, especially those living in long-term care, are at risk of social isolation from the larger community outside resident peers, staff, and close family members. our intention is to plant a seed our students in the hope they will continue to support these initiatives outside of the school

This project presented an opportunity for students to improve their interpersonal and literacy skills through speaking, listening and writing, but it is an example of multi-generational learning at its finest.

[Click here to read a great article on Villa Vingettes.](#)



**Too Many Kids –
Not Enough Dolls**
Written & Illustrated by
Thomas Thibeau
& Skilar Snowden



Marion's Life
Written & Illustrated by
Vada Jane Brophy



The Fishing Trip
Written & Illustrated by
Ethan Hunt &
Kalan Campbell



**The Christmas
Cabin**
Written & Illustrated by
Owen Burns &
Makayla Reynolds

Chapter Five

Evaluation



Evaluation Plan

The Project Advisory Committee approved an evaluation framework that would apply a broad approach to measure the overall impact of the project, while looking at three overall themes.

The premise of this project was to build a solid foundation in which future programming could continue moving ahead. Programs that addressed the unique needs and challenges facing seniors in rural communities were both developed and offered in the community. Much of the focus for this project was about creating the environment to ensure future collaboration and also building capacity and skills among community members.



1. Collaboration/Collective Impact

It was important to be able to measure the impact on any changes that came about as a result of this project in the way that participating organizations interacted with one another, whether new groups and partners involved as the project evolved. Did the project offer an opportunity for more coordination and collaborative approaches to providing programs and services? Were opportunities provided to measure the collective impact when multiple partners work toward a common vision?

2. Improvement in Organizational Change and Community Capacity

Did the project build capacity within the community? Was there an increase in awareness and knowledge about seniors mental health and addictions and social isolation? Are more people talking about the issue, has it helped to reduce stigma and shift the conversation?

3. Program Evaluations (Activities and Participation)

Measuring the level of participation and how seniors and others became engaged in the programs offered through Mind, Body and Spirit provided good qualitative and quantitative data to assist with future planning. It also provided specific feedback on several of the programs and services offered to make improvements.

Approach Used

The approach taken to evaluate this project involved a number of different tools and techniques to measure the impact of the overall themes. Both qualitative and quantitative data were collected and storytelling was used to get participant feedback. In many instances, the feedback demonstrated immediate positive results to learning and services provided.


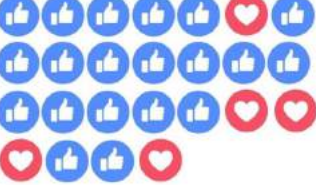



In other instances, it became apparent, that it will take time before the impact of the work that has been undertaken throughout the duration of the project can show results.

Building collaborative partnerships and creating a cultural shift in how communities view and discuss mental health and addictions among its seniors, will take considerable time. This project has helped to plant the seeds to ensure on-going conversations and further understanding of the unique issues related to addressing seniors' mental health and addictions issues in rural communities.

Evaluation Methods

- Online participant surveys following an event to determine how the training has been used.
- Social Media traffic.
- Partners/collaborators were interviewed using an appreciative inquiry approach.
- Workshop and training evaluation surveys were distributed to participants at the time of the event or training.
- Participants were interviewed in person for the Seniors Connecting through Technology program and Villa Vignettes.
- Number of articles and stories that appeared in local media.
- Number of people participating in programs.

Telile Social Media Evaluation and Feedback

Date/Post/Link	Feedback
<p>Dawn Ostrem shared a link. February 25 · tagAdd Topics What is it like to be a care giver? This MBS series digital story by Sheila Foggie is a personal and gripping account of the emotional toll being a caregiver can take. We would like to hear your story. Please comment and use this post to start discussions. Thanks</p>	
<p>Dawn Ostrem shared a link. February 6 · tagAdd Topics Hey folks, sending out another MBS series video. This time, chair yoga with Helen Slade. Many of you may know that Helen does a lot of yoga classes around Richmond County but there might be people who could benefit from being able to follow along in their own living rooms. And, we need to hear feedback about that. Do you think it is worthwhile having programs like Helen's yoga class accessible on video? Please let us know why in the comments. And please share to get this out to as many people as we can. Many thanks.</p>	<p>22 shares</p>  <p>Comments:</p> <ul style="list-style-type: none"> I think this is a fantastic idea! Helen is an awesome instructor , and I am looking forward to checking this out. Yes, it would be fantastic to have not only a chair yoga class, but also a floor yoga class on video. Would inspire us to do more yoga. What a wonderful human and a great gift to the community!!! ♥We are so lucky to have so many incredible community members! Would love to do yoga in my living in general room Yes I would love it Would love to talk to Helen That would be wonderful Would love to have it accessible People confined to wheelchairs could certainly benefit and also it could be introduced to nursing homes. Also a program would be beneficial to people who just want exercises at home.
<p>Dawn Ostrem February 4 Over the course of the year, and my work with the MIND-BODY-SPIRIT grant, I have had the opportunity to partner with an amazing person. Debbie Samson and I took the idea for a</p>	
<p>dinner program to encourage communities to find a way to get people out and engage them in meaningful conversation. There have been two Around the Dinner Table programs to date. Please watch and share the video below that explains this program. Please comment as your feedback is valuable and let me know if you would like support offering this in your community in your comments and I will be in touch. Thanks everyone.</p>	 <p>3 shares</p> <p>Comments:</p> <ul style="list-style-type: none"> Awesome job everybody Just by viewing it you can see what a great event it was...thanks Debbie, thanks Dawn.. Wonderfull! What a great idea ☐
<p>Dawn Ostrem shared a link. February 19 · tagAdd Topics Hi everyone, here is another MBS series video for feedback. Please watch and share the video. In the comments, tell us one thing you learned about genealogy that you didn't know before. And/or, tell us about your own genealogy discovery. Thanks!</p>	 <p>7 shares</p>

Chapter Six

Additional Resources



Chapter One: Working Together Collaboratively

In this section:

- Advisory Committee Terms of Reference

Mind, Body, Spirit Advisory Committee

Terms of Reference

Background

The overall goal of the MIND-BODY-SPIRIT project is to improve the quality of life for seniors in the Strait Richmond area living with mental health and addiction issues or who are socially isolated by linking them to suitable programs. Socially isolated seniors are at a higher risk of developing depression and addictions. The MIND-BODY-SPIRIT grant is being administered by the Dr. Kingston Memorial Community Health Centre (KMCHC) and is funded by Nova Scotia Department of Health and Wellness and the Municipality of the County of Richmond.

Socially isolated seniors are more at risk of negative health behaviours including drinking, smoking, being sedentary and not eating well. They have a higher likelihood of falls and have a four-to-five times greater risk of hospitalization. Research also indicates that social isolation is a predictor of mortality from coronary heart disease/stroke. Social isolation also affects the psychological and cognitive health of seniors and is associated with higher levels of depression and suicide.

The project will include a number of initiatives that will utilize and strengthen a collaborative approach to addressing mental health and addictions of seniors in our communities. It will involve multiple partners and address the issue using a population health approach. The programs and services that will address the gaps in our communities will be based on best practices. Using a grass roots approach, this project will enhance existing assets in our communities while building capacity of both providers and program participants.

The Project Coordinator reports and is accountable to the Managing Director of the Dr. Kingston Memorial Community Health Centre.

The Advisory Committee

Members of the Advisory Committee are committed to a collective impact approach, knowledgeable about their region, view opportunities with an open mind and examine issues through a comprehensive, systems lens. Members of the Advisory Committee will reflect the varied populations within the Strait Richmond Area, including First Nations, Acadian and Gaelic peoples. Some will have direct contact with seniors. Committee members will serve for the duration of the project.

Representatives from other organizations/resources such as the Seniors Take Action Coalition, Strait Richmond Hospital, Emergency Health Services, Public Health and Community Links will be invited as required.

Purpose of the Advisory Committee

The Committee is advisory and not decision-making. Members of the Advisory Committee will provide feedback related to the project, identify opportunities and potential partnerships. They will champion the goals and activities of the MBS project. They will bring forward diverse points of view.

Role of the Advisory Committee

The role of the Advisory Committee is to:

- attend full Advisory Committee meetings (in person or via Skype)
- provide information, act as a sounding board and offer advice for the Project Coordinator (ad hoc and at regular meetings)
- provide feedback on, and ideas for, initiatives related to the goals of the project
- provide linkage and communication among similar and complementary groups and activities within the Strait Richmond Area

Meetings

There will be a minimum of four meetings.

Meetings will be chaired by the Project Coordinator.

The Chair will:

- call and chair meetings
- develop the meeting agenda
- review and revise meeting minutes
- communicate with committee members

Meeting Notes

The recording of meeting notes will be rotated among Committee members, sent to the Coordinator and circulated after each meeting. On occasion, the meeting may be audio recorded with the permission of the members.

Chapter Two: Building Capacity

In this section:

- Art of Facilitation Workshop Evaluation
- Mental Health First Aid One Pager
- Mental Health First Aid for Seniors One Pager
- Mental Health First Aid Sample Evaluation

Art of Facilitation Workshop Evaluation

What was your main reason for taking part in facilitation training? (choose all that apply):

- To better run a program or service
- To better run an organization
- To mobilize/motivate community members
- To learn how to better lead meetings
- Other (please explain)

How long have you worked as a community mobilizer or volunteer in your community?

- 0-5 years
- 6-10 years
- 11-15 years
- More than 15 years

Please indicate what your organization/program/service can potentially contribute to a larger collaboration effort. (choose all that apply):

- Funding
- In-Kind Resources (e.g., meeting space)
- Paid Staff
- Volunteers and Volunteer staff
- Knowledge / Feedback
- Specific Expertise in any area
- Community Connections
- Facilitation/Leadership
- Advocacy
- Communication (e.g. flyers and notices, face-to-face networking, social media)

Areas of development in your community that have a higher potential of happening because of the facilitation training include:

- (choose all that apply)
- Health education
 - Improved services
 - Mental health Support
 - Building social connections
 - Early childhood services
 - Food security
 - Poverty reduction
 - Improved Resource Sharing
 - Increased Knowledge Sharing
 - Community Support
 - Public Awareness
 - Improved Health Outcomes
 - Improved communication
 - Other (please explain)

What areas that you are involved with in your community that you would like to collaborate on with other organizations in Richmond: (choose all that apply)

- Health education
- Improved services
- Mental health Support
- Building social connections
- Early childhood services
- Food security
- Poverty reduction
- Improved Resource Sharing
- Increased Knowledge Sharing
- Community Support
- Public Awareness
- Improved Health Outcomes
- Improved communication
- Other (please explain)

What do you feel is the most important outcome of the work you do in your community as a facilitator? (choose all that apply)

- Health education
- Improved services
- Mental health Support
- Building social connections
- Early childhood services
- Food security
- Poverty reduction
- Improved Resource Sharing
- Increased Knowledge Sharing
- Community Support
- Public Awareness
- Improved Health Outcomes
- Improved communication
- Other (please explain)

What do you feel is the most important outcome of collaborating with other organizations in Richmond County? (choose all that apply)

- Health education
- Improved services
- Mental health Support
- Building social connections
- Early childhood services
- Food security
- Poverty reduction
- Improved Resource Sharing
- Increased Knowledge Sharing
- Community Support
- Public Awareness
- Improved Health Outcomes
- Improved communication
- Other (please explain)

What do you feel is the most important outcome of collaborating with other organizations in Richmond County?

(choose all that apply)

- Health education
- Improved services
- Mental health Support
- Building social connections
- Early childhood services
- Food security
- Poverty reduction
- Improved Resource Sharing
- Increased Knowledge Sharing
- Community Support
- Public Awareness
- Improved Health Outcomes
- Improved communication
- Other (please explain)

Please describe how any current relationships you have with partner groups, organizations, or people was developed: (

choose all that apply)

- We do not have any relationships with other groups/organizations/people outside the community.
- Through a network of committees, task forces, trainings (including the facilitation session), focus groups, or other related activities.
- Our relationship was not developed through a network of committees, task forces, trainings (including the facilitation session), but the network work has deepened our relationship.
- Through a partner of a network partner agencies.
- A mandated the partnership for grant funding.
- Through other community venues/work not related to the network.
- Completely by accident (relationship was not related to work at all, for example we met at a grocery store).
- Other
- Don't Know

Please describe how you hope to build relationships with any new partner groups/organizations/people as a result of the facilitation session: (choose all that apply)

- Reach out to other groups/people when necessary.
- Eventually take part in collaborative committees, task forces, trainings, focus groups, or other related activities.
- Will deepen relationships through networking coordinated by the Kingston Centre.
- Will deepen relationships by making it a point to reach out to others on a regular basis.
- Through other community venues/activities/events,
- Other (please explain)
- Don't Know

Please describe how you see the nature of your relationships with other organizations/programs/individuals develop as a result of the facilitation session:

(choose all that apply)

- None
- Awareness of what this org/program/individual's role is (e.g. understanding of services offered, resources available, mission/goals).
- Cooperative Activities: involves exchanging information, attending meetings together, informing other programs of available services (example: your org understands how to coordinate services/how to access services from this organization).
- Coordinated Activities: Includes cooperative activities in addition to exchange of resources/service delivery; coordinated planning to implement things such as Client Referrals, Data Sharing, Training Together (example: your organization has coordinated services food systems in the community with this organization).
- Integrated Activities: In addition to cooperative and coordinated activities, this includes shared funding, joint program development, combined services, shared accountability, and or shared decision making (example: a formal program with funding exists between your org and this organization).

I believe the facilitation training I received will:

(choose all that apply)

- Lead to improved services or supports
- Lead to an exchange of resources
- Lead to new program development
- Be informative only
- Improve my organization's abilities
- Will not resulted in any change
- Will result in positive community development

I believe that further collaboration with the groups/individuals I met through the facilitation workshop as well as groups/individuals I already know from outside my own community will:

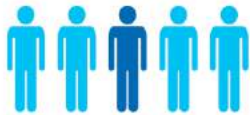
- Lead to improved services or supports
- Lead to an exchange of resources
- Lead to new program development
- Be informative only
- Improve my organization's abilities
- Will not resulted in any change
- Will result in positive community development



MENTAL HEALTH FIRST AID

If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.



1 in 5 Canadians will be living with a mental health problem this year.



“This was an incredible course. It gave me concrete tools that I can use to help people.”

Course participant

Anyone Can be Trained to Help

The 12-hour evidence-based MHFA Basic course has been proven to give participants:

- ▶ Confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis
- ▶ Greater recognition of mental health problems
- ▶ Improved mental health for themselves

MHFA Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and illnesses and to improve services and support. Over 400,000 people in Canada have been trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989
info@mentalhealthcommission.ca • www.mentalhealthcommission.ca

[@MHCC](https://twitter.com/MHCC) [/theMHCC](https://facebook.com/theMHCC) [/1MHCC](https://youtube.com/1MHCC) [@theMHCC](https://instagram.com/atheMHCC) [/Mental Health Commission of Canada](https://linkedin.com/company/Mental-Health-Commission-of-Canada)

TOPICS COVERED IN MHFA BASIC

- ▶ Substance-related disorders
- ▶ Mood-related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Psychotic disorders

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Overdose
- ▶ Suicidal behaviour
- ▶ Panic attacks
- ▶ Psychotic episode
- ▶ Acute stress reaction

To learn more, register for a course or become an instructor:

- ▶ mhfa@mentalhealthcommission.ca
- ▶ 1-866-989-3985 
- ▶ www.mhfa.ca

Additional versions of MHFA are available. Visit our site to learn more.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

**Mental Health
First Aid Canada**





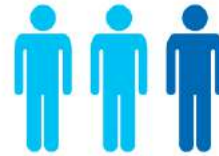
MENTAL HEALTH FIRST AID SENIORS

Supporting the mental health of Canada's aging population

Mental Health First Aid Seniors trains participants to effectively respond to an emerging mental health problem or crisis, until the situation is resolved or appropriate treatment is found.

AIMS OF THE 14 HOUR TRAINING

- ▶ Recognize the symptoms of mental health problems or crises as they develop
- ▶ Provide initial help when dealing with a mental health problem or crisis
- ▶ Guide a senior and/or caregiver toward appropriate professional help
- ▶ Provide strategies and resources to support both seniors and their caregivers



A recent study of residential facilities revealed **31%** of residents showed signs of depression.

10 seniors (60+) die by suicide every week in Canada.

Adults 65 years and over with mental health problems and illnesses can account for as many as one-quarter of emergency department visits.



"[Mental Health First Aid Seniors] was a real eye-opener for me. I learned so much. I will now have a more open view on what a substance-related disorder could be."

Course participant

Who should train in MHFA Seniors?

Service providers and informal caregivers, including:

- ▶ Spouse/partner
- ▶ Family members
- ▶ Friends and neighbours

TOPICS COVERED

- ▶ Seniors
- ▶ Mental Health First Aid
- ▶ Substance-related disorders
- ▶ Mood-related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Dementia
- ▶ Delirium
- ▶ Psychosis

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Substance overdose
- ▶ Suicidal behaviour
- ▶ Panic attack
- ▶ Acute stress reaction
- ▶ Psychotic episode
- ▶ Delirium

To learn more, register, host a course or become an instructor:

- ▶ mhfa@mentalhealthcommission.ca
- ▶ 1-866-989-3985
- ▶ www.mhfa.ca



Mental Health First Aid Canada is a program of the Mental Health Commission of Canada (MHCC). The MHCC collaborates with hundreds of partners to change the attitudes of Canadians toward mental health problems and to improve services and support. Over 300,000 people in Canada have trained in MHFA.

To learn more about the MHCC: www.mentalhealthcommission.ca

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Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

**Mental Health
First Aid Canada**



To help us understand who is receiving training and the impact it may have in our communities, we invite you to answer the following questions.

Participants may be contacted in future for a brief follow-up.

1) Name:

2) Age:

24-34 35-44 45-54 55-64 65-74 75+

3) Gender:

Male Female Transgender

4) Community:

5) Phone number:

6) Have you had any previous mental health training?

YES NO (explain)

7) Have you or someone you know experienced a mental health issue? What other types of mental health training would you be interested in receiving?

8) Additional comments:

Thank-you for your participation.

Chapter Three:

Increase Knowledge and Create a Cultural Shift

In this section:

- Safer Language One Pager
- Conference Planning Checklist: Everything You Need to Know
- Sample Budget for Conference
- Telile Sessions: Complete List of Programming

Reference Guide - Safer Language

Combating stigma related to mental illness, suicide, and substance use starts with how we use language – something that continuously evolves. That’s why we must all be aware of any outdated language being used in the media and around us every day. Everyone can be a champion against stigma when advocating the use of accurate and respectful language. So, as you communicate with others, be mindful of the impact of your language.¹

Stigmatizing	Respectful
It drives me crazy .	It bothers/annoys/frustrates me.
This is nuts .	This is interesting/strange/peculiar/funny .
This individual suffers from depression.	They live with/are experiencing depression.
Mentally ill or insane person	Person living with a mental health problem or illness
Committed suicide, successful suicide	Died by suicide
Failed or unsuccessful suicide attempt	Attempted suicide
Substance abuse	Substance use or substance use disorder
Everyone who is a junkie...	Everyone who uses substances...
They used to be an addict .	They are in recovery .

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¹ Note: This brochure is a living document and is subject to regular updates.

Conference Planning Checklist

Everything you wanted to know about organizing a conference and were afraid to ask...

- Who needs to be involved
- Developing a timeline
- Set up the planning committee - Terms of Reference, someone needs to have the overall responsibility
- Set the Date- Need to check out possible conflicts and best time for an event
- How you choose the theme
- Book presenters, workshop facilitators
- Venue and Location Information
- Develop a Budget
- Registration Process- will you use something online like eventbrite, or old fashioned telephone and e-mail
- Promoting the Event, Media.
- Acknowledging donors and funders
- Door Prizes
- Do you need Insurance
- Are you assisting with travel to the venue
- Looking for a Caterer
- How will you evaluate
- Technical Requirements
- Managing the Actual Day of the Event - what we need to keep in mind



Sample Conference Budget



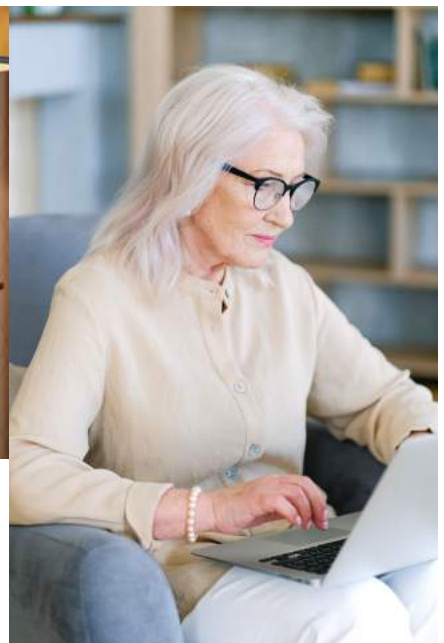
Revenue	Estimated	Actual
Total		
Item	Projected Cost	Actual Cost
Staff Costs		
Keynote Presenter Fee		
Keynote Expenses		
Lunch for participants based on 150 participants @ 14.00		
Refreshment Breaks 150 participants @3.00 times two		
Venue Rental		
Printing and Advertizing		
Tablecloth rental/laundry		
Transportation		
Honorariums for workshop facilitators and panelists		
Other Expenses		
Total		

Telile: Mind, Body & Spirit Programming



Click the program to watch the video.

- [Around the Dinner Table](#)
- [Chair Yoga with Helen Slade](#)
- [Eating for Health - Nutrition for Seniors, segment #1](#)
- [Eating for Health - Nutrition for Seniors, segment #2](#)
- [Feeding the soul Conference:
Mind Over Matter, Keynote Speaker Pam Mood](#)
- [Feeding the Soul Conference:
Brain Health as We Age, speaker Jean MacQueen](#)
- [Seniors Connecting through Technology.](#)



Chapter Four: Innovative and Creative Approaches

In this section:

- Around the Dinner Table Program Guide
- Friendly Visitor Evaluation Guide
- Villa Vignettes Telling Resources

AROUND THE DINNER TABLE Program



INVITATION

We would like to ask your organization to take part in a MIND-BODY-SPIRIT Project pilot session for the *Around the Dinner Table* program. For more information please contact project coordinator Dawn Ostrem at mindbodyspiritpc.dkmchc@gmail.com or call 902-631-5890

“The table is one of the most intimate places in our lives.

It is there that we give ourselves to one another. When we say, 'Take some more, let me serve you another plate, let me pour you another glass, don't be shy, enjoy it,' we say a lot more than words express. We invite our friends to become part of our lives. We want them to be nurtured by the same food and drink that nurture us. We desire communion. Every breakfast, lunch, or dinner can become a time of growing communication with one another.”

—Henri Nouwan, *Bread For The Journey*

About AROUND THE DINNER TABLE



The purpose of *Around the Dinner Table* program is for groups involving seniors to grow their social circles by including those who will benefit from new social connections. This social activity, to improve well-being, is captured in meaningful conversations around food. The program is based on a story sharing circle, which creates opportunities for rich conversations.

How it works?

An group meets regularly to host a potluck dinner of about 8-10 people.

The location can be anywhere (seniors' club, school or community hall kitchen or private homes). A person or couple is chosen to host the gathering and make a special dish. The recipe can be special for any reason that is meaningful to the host(s), such as being a family recipe, international dish, special occasion meal, or other. The dinner guests are

encouraged to invite someone new to the regular social circle. Once the meal begins, the host(s) tells the story about his or her dish (see *Story Prompts*). After the story is finished other dinner guests are invited to comment or ask questions (see *Discussion Questions*).



Keys to success

- It is important to keep time so the conversation moves along promptly. If everyone is able to take part in the discussion it will create an open and friendly environment.
- Inviting new dinner guests opens the group up to newcomers in an inviting way. Newcomers will also feel more welcomed when they know they are not the only new members to the circle. Each new guest is then able to continue with the program and invite guests of their own.
- The setting is informal and inviting. People that are sharing their experiences are encouraged and supported. For example, there is no need to debate opinions or perspectives in this setting. All can be shared and acknowledged even if they are not agreed with. Please follow the *Discussion Commitments* format.

STORY PROMPTS

- One person, couple or pair will host each *Around the Dinner Table* session and provide a dish/recipe that is meaningful to them in some way (family recipe, special occasion meal, shared recipe, international dish, etc.).
- Host(s) present the dish by using the following suggested prompts (approx. 10-minute timeframe):
 - Why did you choose to share this recipe today?
 - Who did you learn this recipe from (may speak further about the relationship)?
 - When did you first learn this recipe (may talk about what else was going on in your life during this time)?
 - Where were you when you ate this meal (describe the typical scene)?
 - What was usually happening when this meal was made? (special occasion, visitors, vacation, etc.).
 - How does remembering/sharing this recipe make you feel?

DISCUSSION QUESTIONS

- Discussion questions for each guest around the table while/after the meal is presented (approx. 5-minute timeframe each).
 - What did you find interesting about X's explanation about how this recipe was discovered by him/her?
 - How did their story make you feel?
 - What can you add about your own past experiences that are related to X's presentation?
 - What words of support/encouragement can you share with X (if applicable)?
- Recipe can be provided for members to take home.
- Next member is chosen to present recipe at next gathering.
- Dinner guests will determine if the program is something they want to continue to take part in. *(NOTE: as the program grows the "dinner guest" component may diminish).*

DISCUSSION COMMITMENTS

RESPECT

- Everyone's story is valid; it's not about competition.
- Be non-judgmental—no negative facial expressions, body language, or sounds that indicate disinterest or disapproval.

CONSIDERATION

- Let each person talk until they are finished presenting their comments before jumping in with comments or questions.
- It's a good idea for participants to keep a notebook or paper to write down thoughts they do not want to forget for when it is his or her turn to speak.

BE POSITIVE

- Start with something positive and supportive; what did you like about X's story?

ATTENTION

- Anything that can cause interruptions should be dealt with. Cell phones OFF during the discussion.
- It is sometimes uncomfortable sharing memories so those who are speaking deserve your undivided attention.

EMOTIONS

- Challenging ones may come up. Passion (anger, sadness, inspired, dreams) are OK and don't need to be apologized for.

SILENCE

- Silence is OK. If someone is struggling with what to say, don't make him or her feel rushed.
- While discussion is encouraged, some members may not feel comfortable speaking that is fine.

Evaluation of the Friendly Visitor Program: Pilot (MBS Project)

PARTICIPANT

Demographic Information:

Community _____

Age (Year of Birth) _____

Gender _____

Marital Status _____ (If widow(er), for how long? _____)

Ethnic Background _____

Language Spoken _____

PRE-PROGRAM ASSESSMENT

How would you rate your health?

1 2 3 4 5 (1 = poor, 5 = excellent)

Do you ever feel lonely?

1 2 3 4 5 (1 = never, 5 = often)

Do you worry about your health?

1 2 3 4 5 (1 = never, 5 = often)

Are you content with your friendships and relationships?

1 2 3 4 5 (1 = not at all, 5 = very much)

Do you feel comfortable asking for help when you need it?

1 2 3 4 5 (1 = not at all, 5 = very comfortable)

What kinds of support do you need?

Emotional 1 2 3 4 5 (1 = never, 5 = often)

Informational 1 2 3 4 5 (1 = never, 5 = often)

POST-PROGRAM ASSESSMENT

How would you rate your health?

1 2 3 4 5 (1 = poor, 5 = excellent)

Do you ever feel lonely?

1 2 3 4 5 (1 = never, 5 = often)

Do you worry about your health?

1 2 3 4 5 (1 = never, 5 = often)

What kinds of support did you receive from your Friendly Visitor?

Emotional 1 2 3 4 5 (1 = none, 5 = a lot)

Informational 1 2 3 4 5 (1 = none, 5 = a lot)

Were there other kinds of support you received from your Friendly Visitor?

If the Friendly Visitor Program was available on a permanent basis, would you participate?

Yes _____ No _____ Maybe _____

Do you know others who would be interested in the Friendly Visitor Program?

Yes _____ No _____

If possible, please provide names and contact information for others who might be interested in the Program:

VOLUNTEER VISITOR

Demographic Information:

Community _____

Age (Year of Birth) _____

Gender _____

Marital Status _____

Ethnic Background _____

Language Spoken _____

PRE-PROGRAM ASSESSMENT

What motivated you to become a Friendly Visitor?

How much experience do you have with older adults?

1 2 3 4 5 (1 = none, 5 = a lot)

POST-PROGRAM ASSESSMENT

Did you have enough training/support in your role as Friendly Visitor?

1 2 3 4 5 (1 = Poor, 5 = Excellent)

What other information or supports would have been helpful?

Did you enjoy participating in the Friendly Visitor Program?

1 2 3 4 5 (1 = not at all, 5 = a lot)

If the Program becomes permanent, would you be interested in continuing to be a Friendly Visitor?

Yes _____ No _____ Maybe _____

Do you know others who might be interested in becoming a Friendly Visitor?

Yes _____ No _____

If possible, please provide names and contact information for potential Friendly Visitors:

Villa Vignettes: Story Telling Resources

[The Use of Folktales in Healing](#) / Carol Farkas

[Journey Down the Healing Path Through Story](#) / Allison Cox

[How Reminiscence Therapy Improves the Lives of Alzheimer's Patients](#) / Mark Huntsman

[Celebrating Senior Storytellers](#) / Gene Mitchell

[Connecting Across the Years: Storytelling in Assisted Living Centres](#) / Kathy Murphy

[When a Senior Can't Remember a Story, Let Them Make It Up](#) / Anne-Marie Botek

[How the Brain Stores Memories](#) / Daniel Glaser

[Storytelling for People with Dementia and Memory Care Issue](#) / Glenda Bonin

[Grandma Storytellers Transmit Culture to Future Generations](#) / Weonjae Park

[Lights, camera, action: Seniors share stories on camera](#) / Nancy Russell

Helpful Tips / Collecting Stories

[What is Reminiscence Therapy?](#)

[Storytelling Therapy for Seniors](#) / Michelle Rodriguez

[Shaping Your Story](#) / Norma Cameron *

[Helping Seniors Shape Their Story From a Photograph](#) / Rani Sanderson *

[Remember When](#) / Steve Otto *

[The Memory Basket Exercise](#) / Teresa Clark *

[Great Questions for Anyone](#) / StoryCorps

[Life Story Worksheets](#) / The Legacy Project

[Storytelling Wisdom ... A Few Tips](#) / Norma Cameron *

[Creating a Little Story is Among the Best Memory Techniques](#) / Real Memory Improvement

*the contributors marked with * should be credited for their work, when their exercises below are used and shared*

