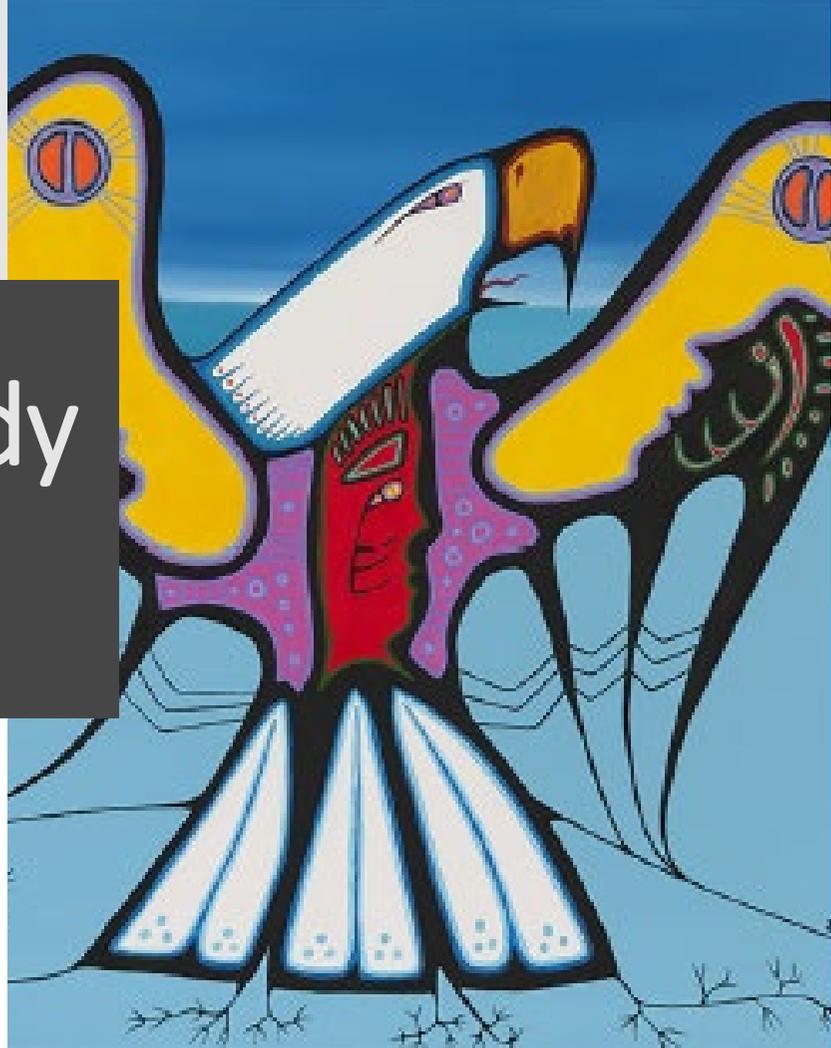


May 2022

Mind, Body & Spirit

*A Collaborative Approach to
Addressing Seniors' Mental
Health, Addictions, and Social
Isolation in Richmond County*



Mind, Body, and Soul
by David J. Brooks

***Note:** We thank the late David Brooks' family for permission to use his artwork.*

Mind, Body and Spirit Toolkit



Body Mind Soul
David J. Brooks

Note: Permission to use artwork provided by the family

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

2021

Click the photo to watch the introduction video



Outcomes for our time together

- Learn more about the Mind, Body and Spirit Project, the story about why we decided to share it.
- Learn about the various components of the Toolkit- including a demo on how to navigate the website.
- Hear from some of the partners about the various programs offered.
- Time for questions.

Why we are here: *Outcomes for this project*

WHO

The toolkit will be available to anyone who works with older adults and wants to offer programming to improve mental health outcomes and reduce social isolation.

WHAT

The toolkit tells our story and offers suggestions.

WHERE

The toolkit will be an interactive, downloadable document on the Dr. Kingston Memorial Community Health Centre Website.

WHY

There are many projects developed via grant funding provided to community organizations and groups, the project is completed and nobody ever hears about it or has access to the learnings.

WHEN

Launched in April 2022.

Why we are here: *Outcomes for this project*

continued

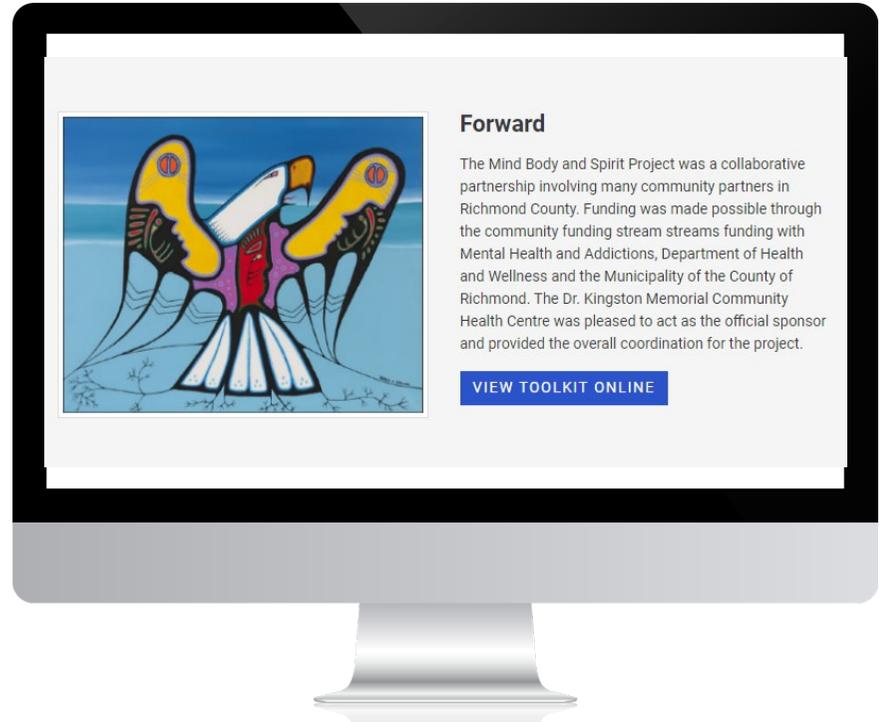


This toolkit is to support community organizations in their planning, development and implementation of a community-based response to support the needs of its senior population to improve their mental health and reduce social isolation in rural communities.

You were invited to participate because you are either professionally or personally connected to providing services and programs for older adults and may find some of our learnings helpful.

We wanted to share the resource so others can participate and offer similar programs in their communities.

Time to learn about the toolkit: *Demo*



[Click here to visit the online toolkit.](#)

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- Why Collaboration is so Important?
- Community Collaboration...Key to Success
- Community Health Collaboration Forum – *Looking to the Future*
- Role of Advisory Committee

Chapter One Working Together Collaboratively

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



Highlights of the Program Evaluations



Mind, Body & Spirit

Collaborative Partners

"No single organization is responsible for any major social change nor can any single organization cure it."

Who Participated



- Richmond County Municipal Staff
- NSHA Mental Health and Addictions Staff
- Richmond County Literacy Network Staff
- Kingston Memorial Community Health Centre Staff and Board Member
- Members of Seniors Take Action Coalition and Seniors Club

100%

of partners responded that they feel more knowledgeable about seniors mental health and addictions issues

of partners shared that being part of this project made them realize the extent of social isolation in their communities

8 partners participated in a telephone interview

8 partners see the need to continue these programs

8 partners understand the challenges in rural communities require unique approaches

8 partners valued working with many different organizations

What was the high point of being involved in this project?

"Working with so many well intentioned, committed, enthusiastic, motivated people who had no "me" motivation."

"Seeing how many people were reached by the various activities."

"It is great to see the level of participation of seniors in various parts of the project."



What did you value most about being involved in this experience?

- Seeing the positive impact on people and the enthusiasm of the people involved.
- Being able to share my own experience and help others.
- Connecting with seniors all over Richmond County.
- Opportunity to strengthen relations with organizations in the different communities.
- Seeing the potential to transform this project into a community led movement.



- Canadian Mental Health Association Programs
 - Art of Friendship
 - Art of Recovery
 - Optimal Aging
- Art of Facilitation
- Conversations on Death and Dying
- Mental Health First Aid Training
- Room 217 Care Through Music Training
- Your Way to Wellness

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.





Mental Health Commission of Canada
Commission de la santé mentale du Canada

Mental Health First Aid Canada



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.dkmhc@gmail.com

Highlights of the Program Evaluations



Mind, Body & Spirit

Mental Health First Aid Basic Adult

UPDATED



4

basic adult sessions held

48

people attended

2

day workshop



Who Participated

- Family members
- Local nursing home staff members
- Staff from community groups
- Community Members from Pottekek First Nation
- Volunteers from seniors groups

76%

24%

MENTAL HEALTH FIRST AID FREE TRAINING
Kingston Centre / L'Ardoise, N.S.
MAR 20-21, 2019

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.dkmhc@gmail.com

88%

of respondents said they now know A LOT MORE about MENTAL HEALTH AND ADDICTIONS



of respondents said they feel confident SPEAKING ABOUT MENTAL HEALTH after attending the training

92%

What was your overall response to the training?

- Very informative.
- Really an eye opener, I would have liked to have taken this course a long time ago.
- I learned about listening and not judging.
- I thought it was great, very happy to have participated.
- The content is relevant to everyone.
- Lots of great information shared in a way that kept our interest and attention.



What Participants Said

"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."



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.dkmhc@gmail.com or 902-631-5890



Highlights of the Program Evaluations



Mind, Body & Spirit

Room 217 Music Care Training
Level One - Fundamentals:
Theory and Context

April 2018

when

21

people attended

17

responded to post evaluation

2

day workshop



90%



10%

Who Participated

- Family members
- Local nursing home staff members
- Community Members from Pottekek First Nation
- Volunteers from seniors groups

100%

of respondents said they strongly agree/agree they feel capable using care knowledge in a care setting

of respondents said they strongly agree/agree they feel inspired to use music care knowledge

70%

100%

strongly agree/agree that the training will have an impact on how they care for others

strongly agree/agree that the training will have an impact on how they care for others

70%

Have you used music care in a care setting since taking the training?

9/17 said YES



- With seniors in their homes.
- Play music for people in L'Arche community.
- Built a playlist for an individual.
- With residents of nursing facility two hours a week.
- As the primary caregiver with my sister with dementia.
- Singing to motivate residents and finishing with a slower tempo song.



What Participants Said

"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 in the community."



NOVA SCOTIA
Yes! You can live well with chronic illness
Learn how to take charge of your life at Your Way to Wellness

Highlights of the Program Evaluations

Mind, Body & Spirit
Community Members Benefit from Programs

35 Participants **23** Completed Evaluations

Training Offered

- Art of Recovery - 9 participants
- Art of Friendship - 10 participants
- Your Way to Wellness - 12 participants, 2 sessions
- Fountain of Health - 4 participants

Would you recommend these programs to others?

20/23 said YES

HERE'S WHY...

- Great opportunity to meet new people
- Learn new skills
- Feel like you belong
- Feel better when communicating with family and friends
- Reminded me I am not alone

What Participants Said About Taking Programs

- "I feel less socially isolated."
- "I feel less anxious."
- "Sharing my problems and being able to talk about issues and meet people."
- "I understand that self-care is important in my recovery."
- "Being a part of this program was helpful because it reminded me that I am not alone with my health issues."
- "I understand what recovery is."

Logos for Canadian Mental Health Association, Nova Scotia Health Authority, Dr. Kingston Memorial Community Health Centre, and Richmond County Seniors' Safety & Social Inclusion Coordinator.

Did you know...there are lots of things you can do to manage your chronic condition?

At Your Way to Wellness, you will learn how to take steps to live a healthier life. You'll also meet other people who understand what you're going through.

Together, you'll take control, lead a fulfilling life, and make some new friends along the way.

"This program not only changed how I manage my chronic condition but how I live my life."
— Your Way to Wellness Program Participant

This free, six-week program will give you tools to deal with chronic conditions, such as:

- arthritis
- asthma
- diabetes
- fibromyalgia
- anxiety
- high blood pressure
- COPD
- heart disease
- depression
- and other chronic conditions

You'll learn how to:

- set goals
- solve problems
- manage your symptoms, fears, and frustrations
- enjoy a healthier, active life

Are you a caregiver of someone living with a chronic condition? You're welcome, too!

Join us...
And get on Your Way to Wellness.

Upcoming Session
Nov. 22, 2017 @ 1:30
Patlotek Community Hall
(across from the ESSO)
with:
Wendy Lameman & Michele MacPhee

PRE-REGISTRATION IS REQUIRED
Space is Limited

For more details and to register contact at:
Wendy (902) 535-2961
Michele (902) 587-2800

Dr. Kingston
MEMORIAL COMMUNITY HEALTH CENTRE

nova scotia
health authority

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 mindbodyspirit@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 FRIENDSHIP
WITH MICHELE MAC PHEE

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. Developed by the Canadian Mental Health Association.

For more information or to register please contact:
Michele Mac Phee (902) 587-2800 ext. 5

TRANSPORTATION AVAILABLE

THURSDAYS
AUGUST 15-
OCTOBER 3,
2019
1:00-3:00PM

LOUISDALE LIONS CLUB

3128 WHITESIDE RD.
LOUISDALE FREE

BROUGHT TO YOU BY:

Canadian Mental Health Association Nova Scotia Mental health for all

Dr. Kingston MEMORIAL COMMUNITY HEALTH CENTRE



Click photo to watch video.
Mark Feltmate, participant



Click photo to watch video.
Michele Mac Phee, Richmond County-Seniors' Safety & Social Inclusion Coordinator, Dr. Kingston Memorial Community Health Centre



Mind, Body & Spirit

Art of Facilitation Training



April 2019

When

25

Seniors participated

19

Completed Evaluations



Day long workshop

The Art of Facilitation Objectives

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



What was the main reason for taking part in this facilitation training?



12/19 said to improve facilitation in a community group they belong to.

How long have you been doing outreach and volunteering in your community?

10/19 said more than 15 years.
9/19 said six to 10 years.

Areas of development in your community that may be increased of the training:

16/19 said health education and mental health supports



What do you feel is the most important outcome of collaborating?



19/19 said improved services.

In what areas would you like to collaborate with other organizations in Richmond County?

14/19 said to improve social connections and improve services in the community.



What do you feel is the most important outcome of the work you do in your community as a facilitator?

19/19 said improved services and resource sharing.



Please describe how you hope to build relationships with any new partner groups and organizations people as a result of the facilitation session.



19/19 said they plan to reach out to other groups to deepen relationships.

What Participants Said



"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 gained much from facilitation. More in personal connection participants and a partner"

"How to work with others and the differences. Continuing to listen a



Click photo to watch video.
Pauline MacIntosh,
Workshop Facilitator
St. Francis Xavier University

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 MacPhae: seniorafelycoordinator@kmc.ca / 902-587-2800 ext. 5.
Dawn Ostrem: mindbodyspirit@kmc.ca / 902-587-2800



Richmond County Volunteers

Art of Facilitation Training Session

9:00 AM – 4:00 PM

Friday, April 5, 2019

Friends United Convention Centre

Richmond County, Nova Scotia

- 8:30 AM Informal Gathering – Coffee and Tea
- 9:00 AM Welcome and Introductions
- 9:10 AM The Art of Facilitation
- 10:00 AM Planning
- 11:00 AM Design
- 12:00 PM Lunch
- 1:00 PM Facilitation
- 3:00 PM Follow-up
- 3:30 PM The Essence of Our Learning
- 4:00 PM Safe Home

- Feeding the Soul
Conference - Seniors
Mental Health
Conference
- Mind Body and Spirit
Telile Series
- Normalizing
Conversations and
Reducing Stigma
 - Using Social Media
 - Engaging your
Local Media
 - Partners Getting
the Word Out

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.



Get ready to

#GetLoud

about what mental health really is.

Canadian Mental Health Association **100** years of service

CMHA
Mental Health Week
May 7-13, 2018

Visit MENTALHEALTHWEEK.CA
for info and tools!

Spreading the Word

MIND-BODY-SPIRIT PROJECT

COLLABORATIVE SENIORS PROGRAMS PLAN
FOR THE SENIORS TAKE ACTION PLAN

The overall goal of the Mind-Body-Spirit project is to improve the quality of life for seniors in the Richmond area by providing them with information and resources that will help them to live more actively and healthily. The project will focus on providing information and resources that will help seniors to live more actively and healthily. The project will focus on providing information and resources that will help seniors to live more actively and healthily.

COMMUNITY ACTION

Richmond County has the second highest percentage of seniors in the province. This is due to the fact that many people who were born in the 1920s and 1930s are now in their 80s and 90s. This means that there is a large and growing population of seniors in the province. It is important that we have programs and services that meet the needs of this population.

SENIORS TAKE ACTION PLAN

The Seniors Take Action Plan is a provincial strategy to improve the lives of seniors. It focuses on three main areas: health, social and economic well-being. The Mind-Body-Spirit project is a key component of this plan.

ACTING SENIORS TAKE ACTION PLAN

The Mind-Body-Spirit project is a key component of the Seniors Take Action Plan. It focuses on providing information and resources that will help seniors to live more actively and healthily.

Celeste Gotell shared a link.
Admin · May 8, 2018 · 0

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

Highlights of the Program Evaluations

Mind, Body & Spirit
Media Coverage and Communication

UPDATED

"Communication leads to community, that is, to understanding, intimacy and mutual valuing." Rollo May

- Media and Communication Opportunities**
- Richmond Reflections, quarterly newsletter for Richmond County
 - The Reporter, Weekly Newspaper, Port Hawkesbury
 - Seniors Take Action Coalition Facebook Page
 - The Hawk Radio Station, Port Hawkesbury
 - Kingston Memorial Community Health Centre (KMCH) Website
 - Health Centre Herald, KMCHC Monthly Newsletter
- Communicate more. Conversation can solve most problems.*

Project Outcomes

Community members are more aware, have increased knowledge and there is a 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 see a cultural shift and notable change in community conversations.

- 4** Articles in Richmond Reflections.
- 11** Articles and stories appeared in local newspapers.
- 6** Stories and promotional material in Health Centre Herald.
- 85** New members joined the Seniors Take Action Coalition Facebook Group since project launch.
- 115** Facebook posts related to the Mind, Body and Spirit Project.

A few interesting facts about the reach...

- Promotional video for May Conference resulted in 769 views on Facebook.
- Promotional Poster reached 459 Facebook users.
- New Facebook Group was formed following Music Care Training.
- Richmond Reflections is distributed to about 4300 households throughout Richmond County.
- The Health Centre Herald distributes 1600 to homes in catchment area.
- The Reporter has a readership of approximately 6500.

What did community members have to say?

"I was not aware of the magnitude of the problem."
"I look forward to the posts on Facebook to help to educate myself and stay informed."
"We have a responsibility for our community to become more sensitive to these issues."

"I am noticing so much more information about seniors' mental health issues and social isolation is available."
"It is important we continue these important conversations about mental health to change attitudes."



Improving the well-being of seniors

ENHANCING The Mind-Body-Spirit Project is working to improve the lives of seniors in the Strait-Herald area. The project is working to improve the lives of seniors in the Strait-Herald area. The project is working to improve the lives of seniors in the Strait-Herald area.

The Mind-Body-Spirit Project is a key component of the Seniors Take Action Plan. It focuses on providing information and resources that will help seniors to live more actively and healthily.

"I am participating in this exciting because I think it's important to know more about what's going on in our community. I think it's important to know more about what's going on in our community. I think it's important to know more about what's going on in our community."

seniors' mental health and well-being. The project is working to improve the lives of seniors in the Strait-Herald area. The project is working to improve the lives of seniors in the Strait-Herald area. The project is working to improve the lives of seniors in the Strait-Herald area.

The first phase of the project is to provide information and resources that will help seniors to live more actively and healthily. The project is working to improve the lives of seniors in the Strait-Herald area. The project is working to improve the lives of seniors in the Strait-Herald area.

"I hope one program that directly affects our seniors' mental health is taking place here. The seniors' mental health is taking place here. The seniors' mental health is taking place here."



Click photo to watch promotional video for Feeding the Soul conference.



Mind, Body & Spirit

Feeding the Soul:
Seniors Mental Health Conference

82 attended conference

56 completed evaluation

1 event May 12, 2018



Who Participated

- Community members
- Local nursing home staff
- Volunteers from seniors groups
- Seniors with friends and family with mental health issues

90% said they now know A LOT MORE about MENTAL HEALTH AND ADDICTIONS

85% said they would like to TRY SOMETHING NEW after attending the conference

86% said they can use the information they learned

Format for the Day

Participants had a choice of two workshops from a choice of six and also had an opportunity to hear keynote speaker, Pam Mood, Mind Over Matter - If only it were that simple.



What Participants Said

- Very informative.
- Glad I attended.
- Excellent keynote speaker.
- Great selection of workshops, I know many people who would have enjoyed this, but didn't know it was for them.

- Thought it was only for women.
- The day was too long.
- Feel like I know a lot more about how social isolation can cause poor mental health; I now have some tools to use to help my mental health.



Mind, Body & Spirit

Telile Community Television
MBS Series



Fall 2018 When **8** Episodes

Featured Shows

- Chair Yoga
- Around the Dinner Table
- What's it like to be a caregiver
- Genealogy
- Lifelong Learning

Each episode aired at 7:30 p.m. between November 26 and December 14, 2018.



Telile by the Numbers

1,509 people watched the episodes.

- 13 'Loves' on Facebook
- 56 'Likes' on Facebook



Each week began with a panel discussion on Mondays, instructional and interactive programming on Tuesdays and Thursdays, personal documentaries and storytelling on Wednesdays and various programming related to the week's focus on Fridays.

Programming was focused under three headings:



Mind - embracing new knowledge and ideas applicable to mental health and community well-being.



Body - linking mental and physical health.



Spirit - related to a sense of purpose, belonging and social connection.

What Viewers Said

On Chair Yoga episode:



"I think this is a fantastic idea! Helen is an awesome instructor, and I am looking forward to checking this out."

"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."



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

Honors: Celeste Gittel

Appetizers

9:00 - 9:20 OPENING REMARKS

- Alan, Beach, Ontario, 80 Minutes of Health and Wellness
- Anita Papp, MLA for Cape Breton-Beauséjour
- Warden Brian Macdonald, Minister of the County of Richmond
- Dr. Ursula Bernard, Chair for Dr. Kingston Memorial Community Health Centre

9:20 - 10:00 KEYNOTE SPEAKER

- Pam Mood - Mind over Matter: Writing is more than just simple

10:00 - 10:15 BREAK

10:15 - 11:00 CONNECTING THE DOTS

- Joan MacQueen - Brain health as we age

Main Courses

11:00 - 11:45 MORNING WORKSHOPS

- **Kit #1 - NOTE: WHAT?** Coping with chronic illness (Joan MacQueen, facilitator)
- **Kit #2 - A YOGA FOR BONY** (Sara Sade, facilitator)
- **Kit #3 - ADJUSTING TO CHANGE** (Shelley MacPhee, facilitator)
- **Kit #4 - YOU ARE WHAT YOU EAT** (Shelley Lefebvre & Terese Davidson, facilitators)
- **Kit #5 - ART OF FRIENDSHIP** (Sue Owen, facilitator)
- **Kit #6 - PAMPERING TIME** (Suzanne)

12:00 - 1:00 LUNCH

- Provided by Senior Care Centre

1:00 - 1:45 AFTERNOON WORKSHOPS

- **Kit #1 - NOTE: WHAT?** Coping with chronic illness (Joan MacQueen, facilitator)

- **Kit #7 - A YOGA JOURNEY** (Sara Sade, facilitator)
- **Kit #1 - ADJUSTING TO CHANGE** (Shelley MacPhee, facilitator)
- **Kit #4 - YOU ARE WHAT YOU EAT** (Shelley Lefebvre & Terese Davidson, facilitators)
- **Kit #5 - ART OF FRIENDSHIP** (Sue Owen, facilitator)
- **Kit #6 - PAMPERING TIME** (Suzanne)
- **Continuum: WHAT IS PSYCHEDELIC? (Kendra Fagan, 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:

- L'Espresso (Pam Henderson)
- Freshman Seafoods
- Doole's Pharmacy
- Marie's Pharmacy
- Joe's Massage
- Royal Care Restaurant
- Ocean Light Restaurant
- Cottage Bakery
- Beal's Antiques
- China King Restaurant
- Fleur de Lis Restaurant
- Crown Kitchen (Barrington)
- Restaurant
- O'Connell's Camp Ltd.
- La Graciosa Pizzeria

- Around the Dinner Table
- Friendly Visitor Pilot Program
- Food Preservation & Food Security
- Seniors Connecting Through Technology
- Villa Vignette Story Book Project

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 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*

WE ALL HAVE A STORY TO TELL.



Highlights of the Program Evaluations

Mind, Body & Spirit

Around the Dinner Table

UPDATED

[here.](#)

32 Hosted table discussions held

178 people attended

2 May 2018 and Dec 2018



65%



35%

Who Participated

Volunteer Hosts from local seniors club invited community members who were identified as being socially isolated to join them for a meal.

Based on the idea that social bonding is created through discussion traditional story circles; over a meal the host set the stage for reflection and support.



97%

of respondents strongly agreed they felt welcomed, included in the conversations and felt they could add to the discussion

of respondents strongly agreed/ agreed the conversation helped them to feel more connected, people appreciated what they said

93%

134

participants strongly agreed/agreed that the conversation made them think more deeply about the experience they shared.

91

participants strongly agreed that hearing other's experiences made it easier for them to share their own.



What Participants Said

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

"I met several new people who I didn't know from before."

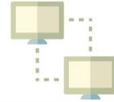
"When we chatted about who to invite, we realized just how many people in our communities are lonely and isolated."





Click photo to watch video.

Debbie Samson, Fleur-de-Lis Seniors Club in Louisdale



Mind, Body & Spirit

Seniors Connecting Through Technology



47

referrals

31

participants

3

minimum hours of training provided



65%



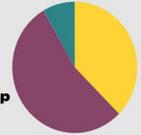
35%

Who Participated

- All participants were considered socially isolated
- 6 from local nursing home and seniors housing
- 25 members from the community
- 27 were provided with iPads and one with a laptop
 - 17 required connectivity, which was provided for one year free of charge.

Age of Participants

- 65-75**
- 75-85**
- 85 & up**



13

participants responded to a six month evaluation

100%

of participants responded they feel **much more** connected to family and friends

of participants reported that being part of this project has benefited them

8

participants reported they lived alone

8

participants use their iPad daily

11

have family and friends living away

5

participants use their iPad 3-4 days a week

Lessons Learned

One of the unintended outcomes of this program was the benefits to caregivers also; it provided something the caregiver could offer their loved one and kept the person occupied.

Referrals for seniors to participate is a challenge, best success was through personal connections.



What Participants Said

- *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.*

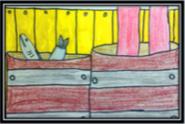
Video provided courtesy of Telile Community Television



Click photo to watch video.
Program Trainer – Gwen Smith

VILLA VIGNETTES

SHOWCASE - MAY 21, 12-1 PM



Basket of Fish
Written and illustrated by
Clare Mombourquette

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**



**William Graham's
Major Hit**
Written & Illustrated by
Gage Pottie & Eva Timmons



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



Allan
Written & Illustrated by
Makaila Bona-Sampson
& Peyton Samson

Highlights of the Program Evaluations

VILLA VIGNETTES
SHOWCASE - MAY 21, 12-1 PM



Basket of Fish
Written and illustrated by
Clare Mombourquette

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

Mind, Body & Spirit

Villa Vignettes: Storybook Project



When?

February 26, 2019

March 4, 2019

March 11, 2019

Who Participated?



- 13 Grade 5 Students from East Richmond Education Centre
- 12 Grade 10 Students from Richmond Education Centre Academy
- 12 Richmond Villa nursing home residents



Villa Vignettes involved three planned visits between students and seniors to collect information to create storybooks based on the childhood memories.

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.



**Too Many Kids -
Not Enough Dolls**
Written & Illustrated by
Thomas Tibbodu
& Sellar Snowden



Marlon's Life
Written & Illustrated by
Vada Jane Brophy



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

What the lead partners had to say ...



"This is a project I would definitely do again. The interaction between the residents and the students was interesting. These stories that were written will be cherished by the families of the residents for a very long time and will be passed down to future generations."

"Not only is this an opportunity for our 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. Our grade ten students are further developing their leadership skills by mentoring grade five students, and together, they are making connections within their community while making a difference in the lives of others by preserving their stories. Our intention is to plant a seed our students in the hope they will continue to support these initiatives outside of the school. I have no doubt they will remember this project for years to come."



Chapter Five Evaluation



Mind, Body, and Spirit

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



Photo: J. Boudin

Photo: J. Boudin

FINAL EVALUATION

DECEMBER 2019

MIND, BODY, AND SPIRIT FINAL EVALUATION

UPDATED

Lessons Learned



- One year for this project may not have been realistic and was very ambitious.
- Working to develop strong collaborative relationships takes considerable time and effort.
- Authentic community development does not happen overnight.
- Getting referrals for some of the programs takes considerable effort.
- Use multiple methods and approaches when communicating with seniors.
- Scheduling meetings can be a full time job.
- Always have to expect the unexpected.
- When working with partner organizations, staff departures can have a direct impact level of support for a collaborative venture.
- Developing trust and relationships among community partners, government departments and other agencies can often be a challenge.
- One of the most important steps in creating long lasting change is patience.
- This work is marathon, not a sprint!

NEW Lessons Learned

Roles and responsibilities of partners need to be clearly articulated.

Care and attention must be paid to ensure people feel engaged and valued.

Important to understand the need to engage public or possible participants prior to offering a program.

Sometimes partner organizations need to understand the value added of programs before they get on board.

"We can't do this work unless we work together"

- Project Partner

"This project had a ripple effect, program participants talked to friends and neighbours."

- Project Partner

Unintended Consequences

Results that were not intended as an outcome in the project, positive and negative effects and potential problems that arise.

Quite often when you plan a project you cannot always anticipate the outcomes that may come about that you really never expected.

Often these can be very positive or at times can also be challenging.

Whatever the case, it is always good to capture both as part of the evaluation process.



Participants who became involved in the Seniors Connecting Through Technology program reported that being involved also benefited the caregiver & provided respite for the caregiver and other family members.

Seniors who are not members of seniors clubs and regular users of programs become involved in some of the programs offered.

Projects that are attached to one-year funding award expectations come about for programs to continue the no sustainable funding.

The programs offered through the Mind, Body and Spirit program being offered by the Kingston Memorial Co related to seniors and social isolation.

By the KMHC taking the lead on this project, as well as other projects, they have developed capacity and are now well positioned to continue to be a backbone org programs.

There was opportunity to be frugal with the funds offered through this project were closely aligned with all that allowed for shared resources.

Evaluation Methods

Online participant surveys following an event to determine how the training has been used.

Survey	Start Date	End Date	Number of Responses
Seniors Connecting Through Technology	01/01/2023	01/31/2023	100
Seniors Connecting Through Technology	02/01/2023	02/28/2023	150
Seniors Connecting Through Technology	03/01/2023	03/31/2023	120
Seniors Connecting Through Technology	04/01/2023	04/30/2023	180
Seniors Connecting Through Technology	05/01/2023	05/31/2023	140
Seniors Connecting Through Technology	06/01/2023	06/30/2023	160
Seniors Connecting Through Technology	07/01/2023	07/31/2023	130
Seniors Connecting Through Technology	08/01/2023	08/31/2023	170
Seniors Connecting Through Technology	09/01/2023	09/30/2023	110
Seniors Connecting Through Technology	10/01/2023	10/31/2023	190
Seniors Connecting Through Technology	11/01/2023	11/30/2023	150
Seniors Connecting Through Technology	12/01/2023	12/31/2023	160

Social media traffic.



Workshop and training evaluation surveys were distributed to participants at the time of the event or training.



Partners/collaborators were interviewed using an appreciative inquiry approach. Questions included:

What was the high point of being involved/connected to the Mind, Body, and Spirit project?

What did you value most about being involved in this experience?

What has changed in the way you view seniors' mental health and addictions in rural communities?

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.



Mind, Body & Spirit

Collaborative Partners



"No single organization is responsible for any major social change nor can any single organization cure it."



Who Participated

- Kingston Memorial Community Health Centre Project Team
- Members of Local Seniors Club
- Richmond Villa Staff
- Richmond Education Centre Academy Staff
- Volunteers involved in Telile programming
- Telile Staff

11 partners participated in a telephone interview

What are the collaborative connections that come about as a result of the project and where do you see future opportunities?

- Seeing the positive impact on people and the enthusiasm of the people involved.
- Being able to share my own experience and help others.
- Connecting with seniors all over Richmond County.
- Opportunity to strengthen relations with organizations in the different communities.
- Seeing the potential to transform this project into a community led movement.

What are some of the lessons that you can share?

- Considerable effort and time is needed to ensure that the community is engaged in a meaningful way.
- Partners involved in any project need to be clear about their role and expectations.
- Flexibility and the ability to take different approaches is sometimes necessary sometimes when the original idea doesn't work.
- Relationships take time to cultivate, linkages were not always there.

What would you consider the biggest success of this project and what made it successful?

- Increased conversations about seniors mental health issues and social isolation in the community.
- Community champions that understood and promoted the project.
- A shift in the community and more understanding and acceptance of mental health issues and additions of seniors.
- Programs offered have created a ripple effect as seniors have developed new interests.
- Have seen many participants of programs directly benefit from the opportunity to participate.
- Seeing the potential to transform this project into a community led movement.



What did you consider the biggest challenge and why?

- The Advisory Committee was not sufficiently engaged to draw on their skills and expertise.
- Community development projects involving partnerships and volunteers requires considerable project management, part time hours did not always do the project justice.
- Not always clear on roles and responsibilities.



Chapter Six

Additional Resources





Watch Celeste's interview on the Mind, Body, Spirit Toolkit with Becky Bourinot from Telile Community Television



[Click here](#)

Acknowledgement and Thanks

- Province of NS, Department of Health and Wellness, MHA
- Municipality of the County of Richmond
- Dr. Kingston Memorial Community Health Centre
- Province of NS, Department of Seniors and Long Term Care, Age Friendly Communities Funding
- Telile Community Television for providing video clips.
- The many partners that helped to make this project successful.
- The community partners and participants who graciously offered video clips.
- To my friends and colleagues who helped to organize these sessions.

*Thank
you*

A close-up image of a fountain pen nib, showing the gold-colored metal and the black barrel, positioned at the end of the 'Thank you' text.