



Ageing Well Together

Community Links

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2018

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

HIGHLIGHTS

Community Links would like to thank everyone who submitted photos to our 2018 Ageing Well Calendar. We are so pleased with the way that the calendar came out and we're always happy to be able to feature people from our own province that demonstrate the ways they are ageing well. Reply for information on where you might be able to find a calendar throughout the province, and stay tuned as we will be uploading a PDF version to our website soon.

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

Friday, Feb. 23. 10-11 A.M. Community Wellness Centre, Spryfield

To register call us at 902-422-0914.

SAVE THE DATE

Caregivers NS is hosting workshops on oral health as we age, including information on how caregivers can help care recipients maintain good oral health.

Thursday, Feb 22, 1 pm.
Whitney Pier Seniors & Pensioner's Club
50 Breton St Sydney

Please call Maggie Roach-Ganaway at 902-371-3883 to register by **Feb 20.**

Tuesday, Feb 27, 1:30 pm.

Careforce
6 Webster Court
Kentville, NS

Please call Jennifer Briand at 902-521-5529 or Debbie Raine at 902-365-3155 to register by **Feb 23.**

Greywave Senior Care Consulting is hosting a seminar on Navigating Senior Care on **Feb 23, 2:30-4:30 pm** at the Sackville Public Library, 636 Sackville, Dr. Lower Sackville NS. Find out what services are available to you and loved ones, including continuing care programs, private home care and assisted living programs, and nursing home options.

CARP Nova Scotia Chapter is hosting and event open to the public at the Keshen Goodman Public Library on **March 1st.** Graham Steele will be speaking about HOW TO CREATE EFFECTIVE ADVOCACY PROGRAMS in a practical "how to" presentation based on his book The Effective Citizen: How to Make Politicians Work for You.

Thursday, March 1st at Keshen Goodman Library
330 Lacewood Dr, Halifax, NS. Free Parking
6:30pm – 8:00pm. No Charge to attend.

To register, please call 902-495-8284 or e-mail aNewVision@CARPnovascotia.ca
Leave us your name, phone number, and number attending with you.

Check out the **Vibrant, Active Nova Scotia Symposium** being held on March 7, 2018, 9 am - 4:30 om at the Brightwood Golf and Country Club, Dartmouth.

This symposium will include discussions and presentations from researchers and community leaders on the benefits and process of developing communities through physical activity.

RSVP to Colleen.strickland@novascotia.ca by

Tuesday, Feb. 20, including identifying any dietary restrictions.

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

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

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

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

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

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

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

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

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

EVENTS AND OPPORTUNITIES

Are you looking for an excuse to spend some time outdoors ? Consider taking part in the **Great Backyard Bird Count**. The event runs from **February 16-19th** and engages birdwatchers of all ages across North America in counting birds to create a real-time snapshot of where the birds are. It's as simple as counting the birds at a location near you, estimating how many birds you saw of each species, and filling out an online checklist on the Great Backyard Bird Count website. for more information visit <http://gbbc.birdcount.org/>.

The Rural Communities Foundation of Nova Scotia (RCF) is seeking volunteer board members interested in supporting dynamic, healthy, and prosperous rural communities.

RCF works to strengthen Nova Scotia's rural communities by providing project funding through grants that support capacity building and allowing community groups to create innovative opportunities for growth and development.

If you are interested in joining the board, please email info@ruralcommunitiesfdn.ca for more information. Experience with financial management, endowment building, and awareness of rural issues are assets. It is important that the Foundation reflects community diversity and consideration of this may be part of the final selection process.

Deadline for expression of interest is March 31, 2018, with new board members appointed at the Annual General Meeting in June.

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

Check out the **Community Health Team** program schedule at <http://www.nshealth.ca/sites/nshealth.ca/files/current-schedule-fall-winter-september-february-2018.pdf> for the winter to find

programs, discussions and drop in days where you can get information and advice on different aspects of healthy living and aging!

FUNDING OPPORTUNITIES

The **Heating Assistance Rebate Program (HARP)** provides heating assistance to Nova Scotians most in need to help heat their homes during the winter. The winter 2017-2018 applications are open until March 31 for those who are eligible as per the following criteria:

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

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

January Trivia Winner

Congratulations to Anne MacDonald! The Scottish tradition of first-footing is the tradition of the first person to enter the homestead after the stroke of midnight to enter with good tiding and small gifts. It's lucky for it to be a dark-haired man as if it were a blonde or red-haired person they may be a Viking invader!

Thanks to all who participated! Make sure to give January's trivia question a try!

February Trivia Question

2017 may have seemed like a long year, but there was a year that had 446 days. What year was it and why was it so long. Bonus if you tell us what this years nickname was.

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

Find us online at:

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<http://nscommunitylinks.ca/>

Send us your feedback at info@nscommunitylinks.ca

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