



E-Bulletin - Volume 13, No.11, November 15, 2017

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

## HIGHLIGHTS

### November is Falls Prevention Month!

Find out what is happening in your community to prevent falls and educate community members on falls prevention! Make sure to facebook or tweet us with any information about events etc. you would like us to share, or just to say hi!

**Community Links** and **HRM Ageing Well Together Coalition** will be putting on a number of Fitness in the Kitchen workshops in the fall and

## EVENTS AND OPPORTUNITIES

Check out the **Community Health Team** [program schedule](#) for the fall and winter to find programs, discussions and drop in days where you can get information and advice on different aspects of healthy living and aging!

The first session will take place on **Friday Nov. 17**, 10-11 am at CHT Young St. Halifax Peninsula.

Check out the Community Health Team schedule or stay tuned for more dates and locations.

To register or for more information call 902-422-0914

**The HRM Ageing Well Together Coalition** in partnership with the Canadian Red Cross and Easter Seals will be having an assistive devices drive on **Friday, November 17, 2017**. If you have mobility devices that are in good condition that you would like to donate, please contact 902-422-0914 or email [mobility@agengwelltogether.ca](mailto:mobility@agengwelltogether.ca) to arrange for pick up. Devices may also be delivered directly to Red Cross or Easter Seals.

In order to meet the needs of all of our members, we will now be putting out our ebulletin in both email and PDF format. The PDF will allow our members who are in organizations or clubs to easily print the bulletin for reading in hard copy as well as for distributing or posting it. You will be able to download the PDF by clicking the button at the bottom of this page. Happy Reading!

something new, or find out what's happening in a field you're already familiar with. Most universities put them on throughout the school year.

**The Seniors' College Association of Nova Scotia** is putting on great courses and public lectures province wide this fall. Check out their website <http://www.thescans.org/> for more information or to find an event near you!

## FUNDING OPPORTUNITIES

The **Chronic Disease Innovation Fund (CDIF)** is now open for submissions from community groups. Community groups whose work aligns with their Community Health Boards health plans are welcomed to apply. Funds will be awarded to projects that address risk factors that are common across chronic diseases, for example smoking cessation, increasing exercise, improving diet, and decreasing stress and encouraging self care. Deadline for application is **November 30th 2017**. Visit <http://www.nshealth.ca/cdifund> for more information and for online application.

The **Nova Scotia Department of Seniors** is now accepting

**The Arthritis Society** is launching a new Aging Well television Program on Sunday, October 15th at 8pm on Eastlink T.V., channels 610 and 10. The program will be replayed Monday-Friday at 2 pm and a new episode will air each week on Sundays for 13 weeks. Check out the promo at [https://youtu.be/-rGhXAR\\_ktI](https://youtu.be/-rGhXAR_ktI) and find more information at

[www.arthritis.ca/agingwell](http://www.arthritis.ca/agingwell).

Those who view the program can also enter to win a \$250 gift card from Lawtons Home Health Care – details are on the website.

The **Nova Scotia Centre on Aging** is putting on two workshops entitled **Retirement- it's more than just money** that will focus on the importance of social engagement in retirement, and will encourage retirees or soon to be retirees to start thinking about plan for the ways that their social circles and social engagement will change with retirement. To register call 902-457-6546 or email [nsca@msvu.ca](mailto:nsca@msvu.ca)

Thurs. Nov. 23, 6-8:30 pm, CHT  
Young St. Halifax Peninsula

The **QEII Centre for Health Care of the Elderly** and the **Dalhousie**

applications for the Age-Friendly Community Grant program for the

2017-2018 year. The program supports community projects that promote healthy, active living and encourage and enable older adults to age in place while staying connected to their community. Find the guidelines and applications at [https://novascotia.ca/seniors/age\\_friendly\\_program.asp](https://novascotia.ca/seniors/age_friendly_program.asp)

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

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

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

### October Trivia Question

Our October trivia winner is Maggie Roach-Ganaway, congratulations! October is the tenth month of the year because it was named at a time when the calendar year began in March, making October the tenth month.

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Department of Community Health & Epidemiology are hosting a

Thank you to all who submitted responses! Keep the answers

health information session on how to be an effective volunteer on Monday **November 27, 2017, from 1:30-3 pm** at the Royal Bank Theatre, QEII Health Sciences Centre, Halifax Infirmary, 1796 Summer Street, Halifax. For more information call 902-473-8603.

coming!

### November Trivia Question

What are two key nutrients to help prevent osteoporosis?

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

[Download the November Ebulletin Here!](#)

Forward

Like the new format of our E Bulletin? Send us your feedback at [info@nscommunitylinks.ca](mailto:info@nscommunitylinks.ca)

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