



## Community Links

E-Bulletin - Volume 14, No.3, March 15, 2018

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

## HIGHLIGHTS

### Save the date!

**Age Friendly Communities-Enhancing our Collective Impact.** June 5, 2018, Future Inn Halifax. Join **Community Links** and partners on June 5 to celebrate and share the great things happening to make our communities more age-friendly, and to exchange ideas about how we can support each other in increasing awareness, action and change. Look for more information soon.

## SAVE THE DATE

**Caregivers Nova Scotia**, in partnership with **Speak Up** and **Resource Opportunities Center**, are presenting a free workshop: Advance Care Planning for Caregivers: Getting Started.

Tuesday March 20, 2018. 6:30 p.m - 8:30 p.m  
Prospect Road Community Centre - Art Room  
2141 Prospect Road  
Hatchet Lake  
Call 902-421-7390 to Pre-register by March 16

**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:

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

**Nova Scotia Legal Aid** is now hosting **online Chat with a Lawyer** Fridays from 11am -12 pm.

Check in with any questions you have about family law every second Friday (March 16, 30), or landlord/tenant, income assistance, CPP-disability questions every second Friday (March 23...) Visit [www.nslegalaid.ca](http://www.nslegalaid.ca) and click on the chat icon.

## EVENTS AND OPPORTUNITIES

**Acadia Entrepreneurship Centre and Third Sector Enhancement**, supported by the **Department of Seniors** are excited to announce their new program **Redefining Retirement**. This program will include a series of workshops, coaching sessions, and peer support to help participants to expand an entrepreneurial culture among older adults. Check out their survey at <https://interceptum.com/s/en/RR> and find more information by contacting:

Chantal Pelham-Edwards  
902-877-7683  
[chantal@thirdsectorenancement.com](mailto:chantal@thirdsectorenancement.com) or  
Joel Stoddart  
902-585-1684  
[joel.stoddart@acadiu.ca](mailto:joel.stoddart@acadiu.ca)

**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](mailto: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.**

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!

### **Have your say on front-of-package nutrition labels!**

Health Canada would appreciate your help in spreading the word about our consultations on front-of-package nutrition labels. Our proposed regulations would help families quickly identify foods that are high in saturated fat, sugars and sodium, and help them to make healthier choices in the grocery store.

Take part in the [quick and easy nutrition symbol consultation](#), to help us choose a symbol that you would find useful on the front of food packages. There is also the opportunity to provide more detailed comments on the regulations themselves.

The consultations are available until April 26th, 2018. Please feel welcome to share this information on social media, your website, or bulletin boards.

## **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/>

The **Connect2 Sustainable Transportation Grant Program** is now open! The program supports community projects that improve connectivity within two kilometers of key community assets, in hopes of achieving a low-carbon transportation future.

Initial expressions of interest due by March 26, 2018.

Find more information at <https://novascotia.ca/programs/connect2/>

### **February Trivia Question**

Congratulations to Marie McKeen! The year 46 BCE was the last year of the pre-Julien Roman calendar, and is the longest year in recorded history. It was nicknamed the "year of confusion" as it had 445 days to it. Julius Caesar added two extra leap months to the year in order to have the next year (45 BCE) line up appropriately with the sun and moon cycles in order to implement the 364/365 day calendar system that we still go by today!

### **March Trivia Question**

What was the nickname given to Nova Scotia by the Irish based on the employment of Irish immigrants in the annual summer fishery? Reply with your answer for a chance to win a prize!

Send us your feedback at [info@nscommunitylinks.ca](mailto:info@nscommunitylinks.ca)

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Box 29103 Halifax, NS, B3L 4T8  
[info@nscommunitylinks.ca](mailto:info@nscommunitylinks.ca)  
902-422-0914 or toll free 1-555-253—9355