

STRAIT RICHMOND CHB



Co-Chair Theresa MacInnis
Co-Chair Mildred Lynn McDonald
Mary Elizabeth Cameron
Michelle MacPhee
Danielle Martell
Marlene Le Blanc
Louise Egan
Cheryl Devereux – McDaniel
Kara-Leigh Burke
Mala Webb
Stephanie Beaton
Avery Corbett

Want to Join Us?

Visit www.communityhealthboards.ns.ca
or contact Dorothy Bennett
dorothy.bennett@nshealth.ca

Strait Richmond CHB Report to Community 2023-2024

What Do We Do?

- Community Leadership
- Community Health Planning
- Health & Wellness Promotion

Health Plan Priorities:

- Poverty
- Food Security
- Social Inclusion
- Early Childhood Development



Advocacy

Connecting the Dots... between Poverty and Health



The event brought community organizations, decision makers, and all relevant partners together to learn, dialogue, network, and collaborate on poverty reduction and the Social Determinants of Health.



Outcomes of the day

- Increase understanding and knowledge of how health is impacted by income poverty and other social determinants of health and how to address the issue of poverty in our work.
- Create new networks and explore new ways to collaborate on reducing poverty in our communities.
- Commit to working together on the issues of poverty and health.



“It was an event that inspired me with great speakers coming together to fight for the rights of the people, making all efforts to eradicate poverty in NS.”
-Connecting the Dots participant

“The importance of figuring out how to sustain ourselves in this work as it is long term with few gains.”
-Connecting the Dots participant

“I learned to continue to speak out about poverty until it gets to the legislator so as to help to eradicate poverty in Nova Scotia.”
-Connecting the Dots participant

Wellness Funds 2023/24

- **Potlotek Youth** – Potlotek First Nations
- **Inverness Counties Abilities Skating Program** - Municipality of the County of Inverness
- **Healthy Choices** - Mabou Farmers' Market Cooperative
- **Art et Cuisine- intergénérationnelle**- Association des femmes acadiennes de Richmond
- **Lakeside Community Gardens** - Lakeside Community Association
- **Potlotek Women's Drum Group** - Potlotek First Nation Chapter
- **Building Community Resiliency in Older Adults** – Lousidale Fluer-de-Lis Seniors
- **Crafting for Health** – Judique Tartan Group
- **Let's Get Hiking Day** – Strait Area Trails Association
- **Imagine The Possibilities** – Senior Take Action Coalition
- **Adult Drop-in** – Richmond County Adult Drop-in Group
- **The Garden Club** – Autism NS Strait Chapter



Volunteer Profile



"Community Health Boards provide a platform to advocate and address issues arising in our own backyards. Together we can build healthier communities and have significant collective impact while doing so. To quote Eric Liu- we're all better off, when we're all better off."

Since joining the Strait Richmond CHB in May of 2018, Michele McPhee has been an invaluable member of the board. Her time, energy, and unwavering commitment played a pivotal role in the Board Success; especially when it came to giving seniors and underprivileged members of society a voice at our table.

We will miss her calm, caring and impactful input and want to wish her much success as she continues to support her communities of interest in her role as Coordinator at the Centre of Rural Aging and Health (CORA).

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Advocacy

Food Security

Foraging today for a healthier tomorrow

The Strait Richmond CHB wants to encourage foraging for wild and free foods from the land in their coverage area. They engaged the services of a well-known forager, Cliff Seruntine and he facilitated two outdoor sessions on foraging in June and July. These full day workshops provided an opportunity for participants to learn the how to and proper techniques for maximum benefit when foraging healthy foods from the land.

**JUNE 17, 2023
FORAGING FIELD ID COURSE**

Join us for Foraging in June!
Foraging is the act of searching, identifying, and collecting food resources in the wild. These include a wide range of plants, mushrooms, herbs, and fungi growing around us uncultivated. June is a great time to look for young, wild vegetables and medicinal and/or edible fungi.

What you will Learn
Learn how to identify plants and fungi in the field and how to use them. We will cover native plant and fungi taxonomy, key identification traits, ecosystem class and function, purposes to help to other species, and foraging conservation.

Date, Location, Registration
Date: Saturday, June 17, 2023 (all-day) June 23rd
Time: 9 AM - 5 PM (bring your own lunch, snacks, etc.)
Location: Strathmore Provincial Park (20 Parker, NS)
Class size: 15 participants
Cost: \$10 (includes lunch and materials)
Registration: foraging@strathmore.ca
*Free drinks provided upon registration

... Cliff Seruntine has taught foraging and back-to-basics skills in the Maritimes Province of the Strait of Fundy and The Vancouver Bay, ...
... www.strathmore.ca/foraging ...

Wild Free Health Foods

Connections to the land & our culture

Benefits

- Food security
- More natural nutrients
- Fresh air/lung health
- Food with less toxins and chemicals
- Appreciation for the hard work food preparation takes
- Exercise
- and so many more....

Learning together

Be prepared for success

Natural beauty

Learning techniques

**Our Instructor
Cliff Seruntine**

Getting started

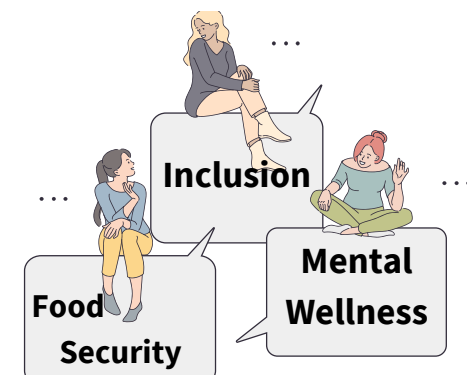
Lunch

**Strait Richmond CHB members
Michelle MacPherson & Amanda Marshall**

Strait Richmond Community Health Board | Nova Scotia Health | Community Health Boards Eastern Zone

Wellness Funds 2022/23

- **Swim Safety**
- Autism Nova Scotia Strait Area
- **Public Education Campaign**
- Cape Breton South Recruiting for Health
- **Student Leadership Program**
- Ecole Beau Port Youth Health Center
- **Journee Bien Etre**
- FFANE
- **Snacks for Success**
- Dalbrae Academy School Advisory Committee
- **From Policy to Community, Upstream Models for Mental Health**
- Raising the Villages Cooperative Limited
- **Resource Borrowing Library**
- Little Spirits Society of Cape Breton



Volunteer Profile

"As an Acadian/Francophone and a member of the CHB, the process of creating a healthy and safe environment in our community continues to be a wonderful experience. Be part of the solution and join our team."



Marlene Le Blanc Petit de Grat, NS.

After attending a presentation on the CHB Wellness Funding Program in her community, Marlene was very interested to learn more about how the CHB could help her community. Once she learned about the CHB, Marlene, an advocate for community access to health care in her first language (Acadian/Francophone), realized that the goals of the SRCHB were closely aligned with the issues and concerns she supported as an individual.

Joining the Board with her language skills and her first hand experience in caregiving and senior support, Marlene played a role in enhancing the health of her community both geographically and culturally. Additionally; on a professional level, Marlene has enhanced the awareness and understanding of the importance of accessing health and other information in her first language with the Eastern Zone CHB Support team.

Thank You Marlene, for sharing your gifts of knowledge and lived experience at the SRCHB Board table.

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Strait Richmond CHB Report to Community 2021-2022

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Advocacy

Letter to NS Utilities and Review Board

Energy Poverty is real and happening in our Communities!

The Strait Richmond CHB was concerned regarding Nova Scotia Powers proposed rate increase, storm recovery charge & guaranteed profit margin. In NS communities, where close to 40% are struggling to pay their current power bills, it's been observed that another rate increase, could be interpreted as NS Power being completely out of touch with the economic reality and the impact that this is having on many of our community members. An additional rate increase will result in greater inequity while increasing **Energy Poverty** across the province.

When residents of our province are forced to decide between whether to “**heat or eat**”, we all need to take a step back to examine our values as Nova Scotians. **Energy Poverty** has far reaching implications for our health; a rate increase would have a direct impact on the well-being of many while potentially putting additional pressure on our overburdened healthcare system.

The Strait Richmond CHB gathered information from individuals representing several community groups, services providers and individuals to get a clear understanding of the impacts of this proposed rate increase on community. Then we submitted a letter the UARB outlining the many reasons why it would be an additional hardship for our communities during a time they are recovering from a two year pandemic.

Electricity is a basic need and people should not have to choose between heating their home or eating!

Partnership

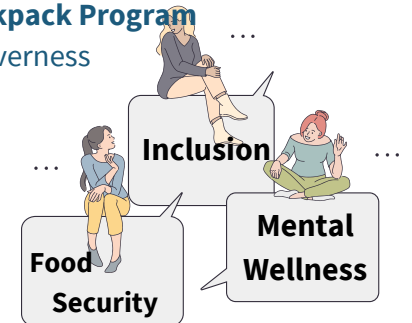


Strait Richmond CHB knows that children's learning potential decreases when students are hungry. Noting the increased cost of goods and services; and in particular food cost during the pandemic, the CHB recognized that schools would be facing a shortfall on projected school food programs budgets for the year.

Wanting to help, the CHB made a contribution to the school food programs for all 9 schools in their coverage area. This contribution help ensure that all children received health food at school options; thus ensuring their learning potential.

Wellness Funds 2021/22

1. **Full Belly Boxes**
Strait Area Women's Place
2. **Apoqn'masultijik**
Potlotek First Nation
3. **Schools Plus Panty and Backpack Program** ...
NS Schools Plus- Southern Inverness
4. **The Mental Wellness Team**
Union of NS Mi'kmaq
5. **Cuisinons Ensemble**
Ecole Beauport
6. **Wellness at the Market**
Mabou Farmer's Market
7. **RECA Food Hamper**
Richmond Education Centre



Volunteer Profile

Cheryl
Deveaux-McDaniel
Port Hawkesbury

“It has been a very good experience and I am proud to be part of such a compassionate, caring, and rewarding and supporting community organization.”

Cheryl was approached by a CHB member who has played an enormous role within her community and realized that the goals of the SRCHB were closely aligned with the issues and concerns I supported as an individual. Joining with my skills, I felt that I could, in some way, provide not only assistance but value in my experiences and ‘can do’ attitude.

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Striat Richmond CHB Report to Community 2020-2021

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Events



On Sunday, October 25th , Raising the Villages co-hosted a FREE "**Trunk or Treat**" event for all ages! With co-hosts Fleur de Lis and That Dog Place, It was an afternoon of **socially distanced fun!**

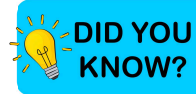
The organizers understood it has been a stressful time for families, so as a special treat the organizers handed out mental health resources, to help navigate you and your child through these challenging times.

So the youth came in **costume**, and visited the many different open decorated trunks, sponsored by community groups and local businesses to

Trick or Treat!

Including one from our Community Health Board.

Advocacy



Canada is the only G7 country without a national school food program.

You have the power to create change, it's as easy as 1-2-3!

1. Tweet, E-mail, Share and Shout!
2. Crunch Your Lunch For Healthy School Food - <https://www.healthyschoolfood.ca/great-big-crunch>
3. Stay Connected - <https://www.nourishns.ca/speakup>

The time to #SpeakUp is NOW!

Wellness Funds 2020/21

Expansion of Peer Support

Fresh Start Peer Support Society

Planning and Collaborating to Create Webs of Social Connectedness in Richmond County

Seniors Take Action Coalition

Project Period Kits

Antigonish Women Resource Centre & Sexual Assault Support Association